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2010

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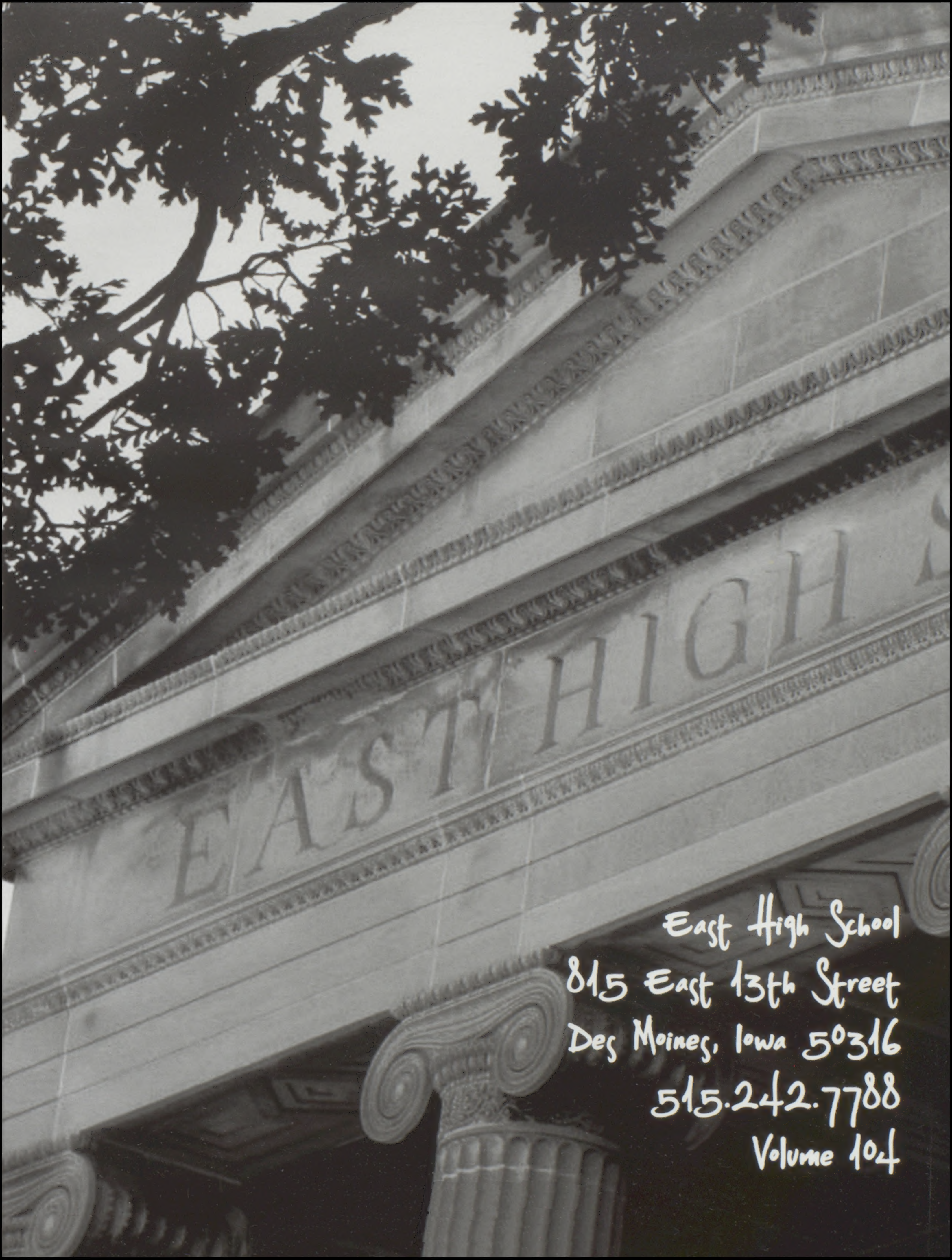

East High School
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Volume 104

WARNING:

THE FOLLOWING BOOK THAT YOU ARE ABOUT TO SEE FEATURES THE STUDENTS OF EAST HIGH AND HAS BEEN APPROVED FOR EASTSIDERS ONLY

SOME CAUTION ADVISED

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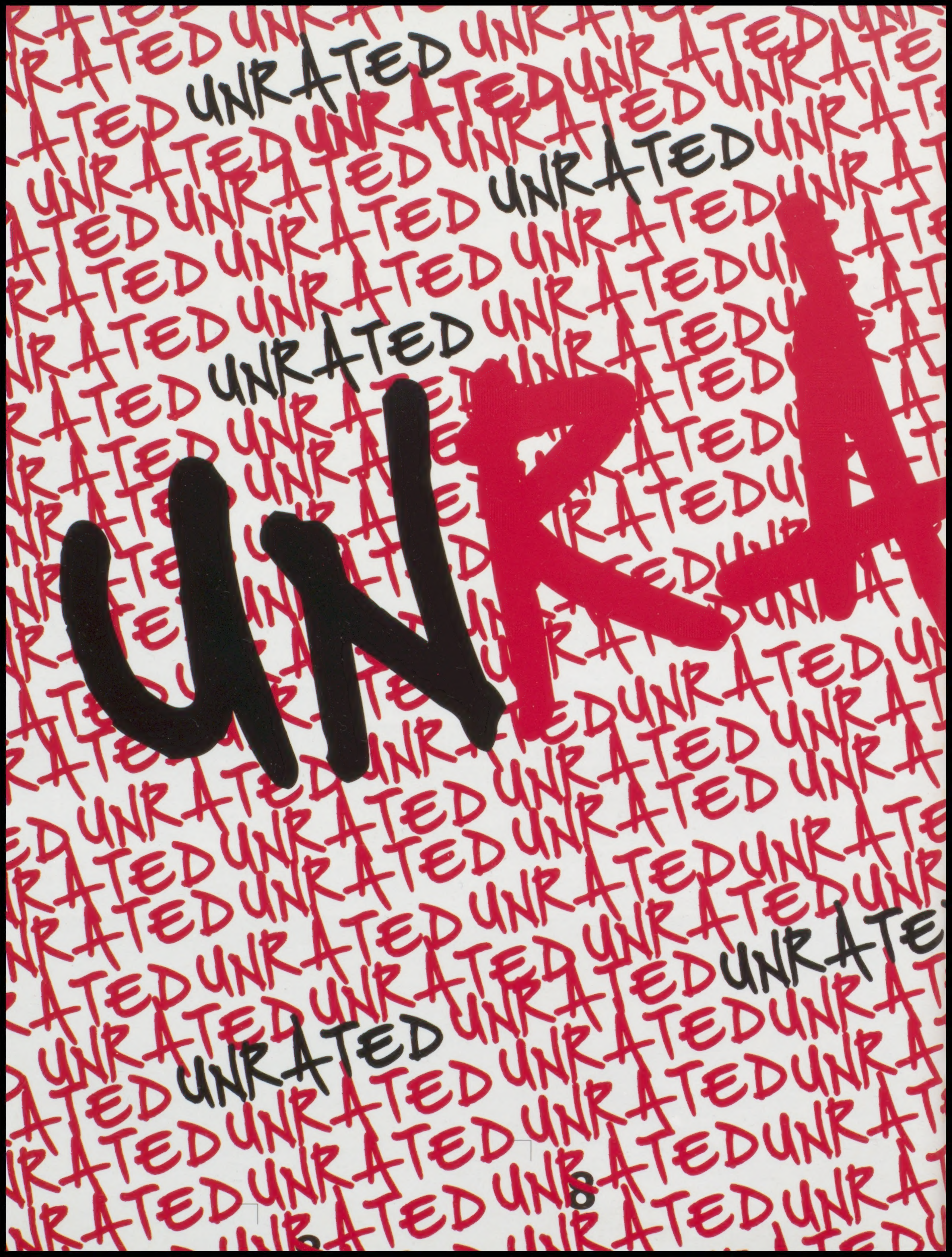
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The word **UNRATED** indicates undecided, unfixed judgement. For years, East High Scarlets have experienced the opposite. "East sider, huh?"... all we could do is watch the attitudes and stereotypes flow.

The truth is nothing in life is necessarily what it seems and often not what is expected. To pass judgement, it's important to examine and experience first...and that's your challenge!

Take a close look inside and **RATE US YOURSELF**.

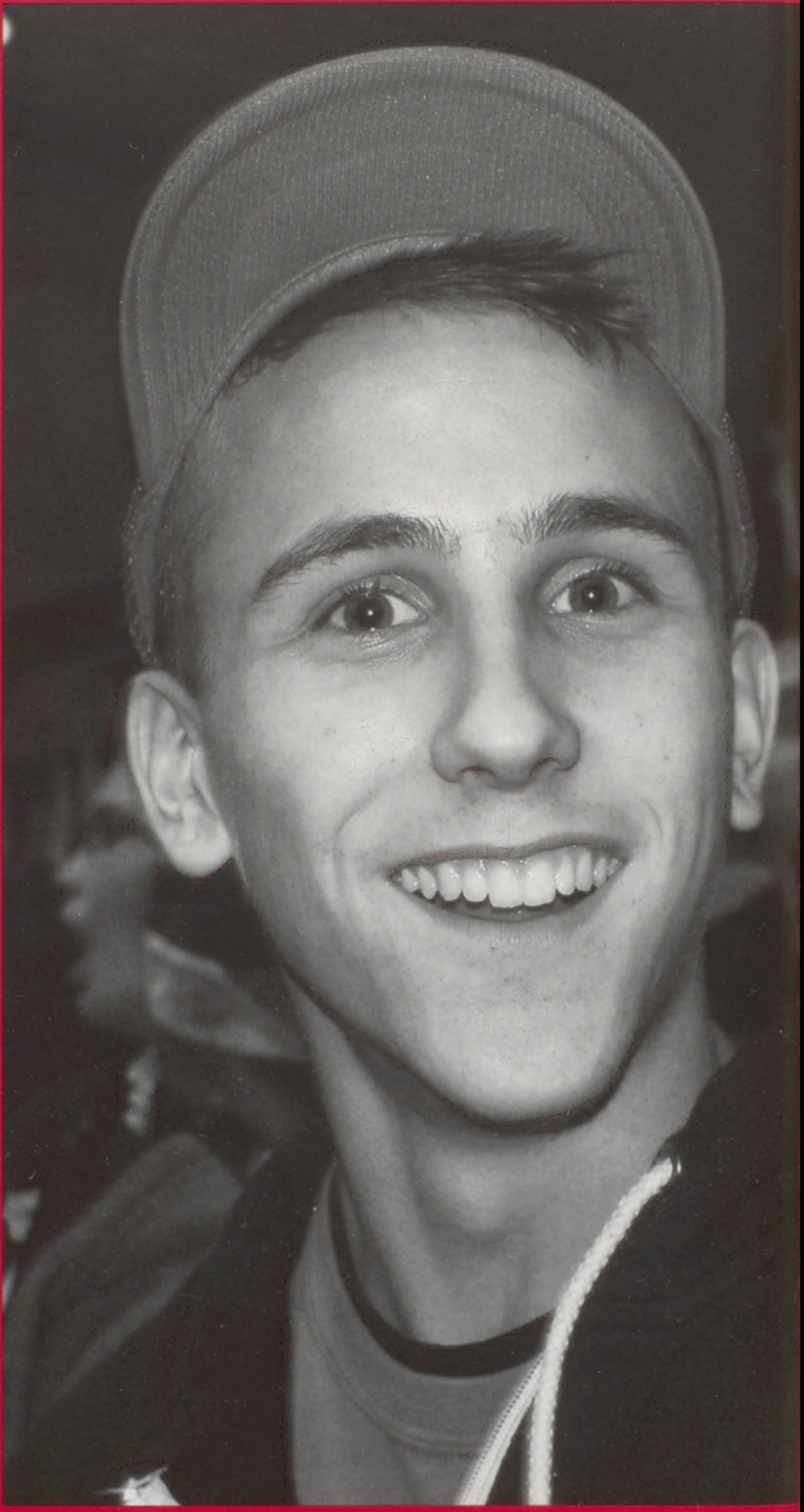
"Blockbuster..." – "Spell-binding..." – "A triumph..." – "Surefire hit..." – "Pure genius..." – those reactions all come to mind for us.

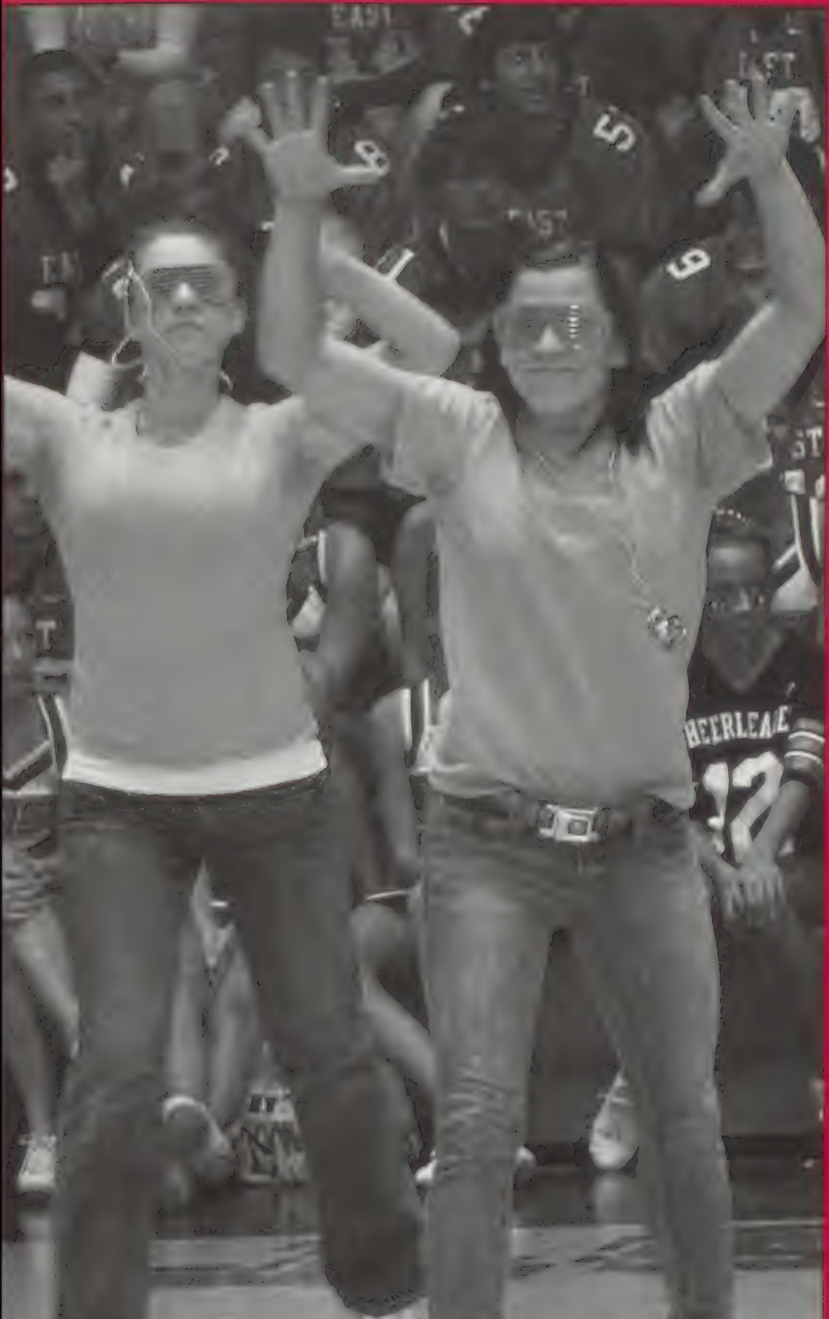
We weren't exactly "PG", but here's a "Must see..." picture of the **SCARLET EXPERIENCE** on the east-side scene from 2009 to 2010.

The only ratings and labels that matter are the ones we give ourselves. So go ahead, rate us!

Perhaps you'll agree that this was an "Award-winning..." year!

SPORTS PLAY





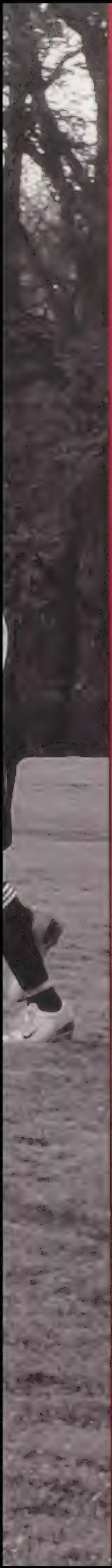
"All right, men, now here's the play we're gonna use. I don't think the guards know this formation. It's called 'incidental punishment after the ball is blown dead.' Remember, any man you tackle gets an elbow, knee, or kick in the mouth."
-Granville (Harry Caesar) in The Longest Yard

Teams shaking hands

Running for the ball

Passing the ball down field

Defenders trying to maneuver the ball away from the goal. They are the last line of defense in front of the goalie.



The boys warm up with a ball to get them game-ready. The team was used to playing in muddy and rainy conditions.

The team excercises and stretches out their muscles to lessen the chances of injury. They routinely do this before every game.

The boys run a number of drills to help better their skills and ball handling. Soccer involves just about as much running as track.

TENACITY

The varsity boys soccer team started the season with heavy hearts, with the loss of fellow teammate Edwardo Marques, who died last year.

But with that came the boys' inspiration and motivation. They pushed through the struggle and worked their way toward a record breaking season.

"The team just had more chemistry this year and it really just pulled it all together. It was great," said junior Jesus Zambrano.

Their ending record was 8-5, having won 7 conference games. They also won the first round of playoffs beating Louis Central, 2-1.

"It was a great experience for us, we were all really nervous but we overcame that and played well," said senior Josh Torres.

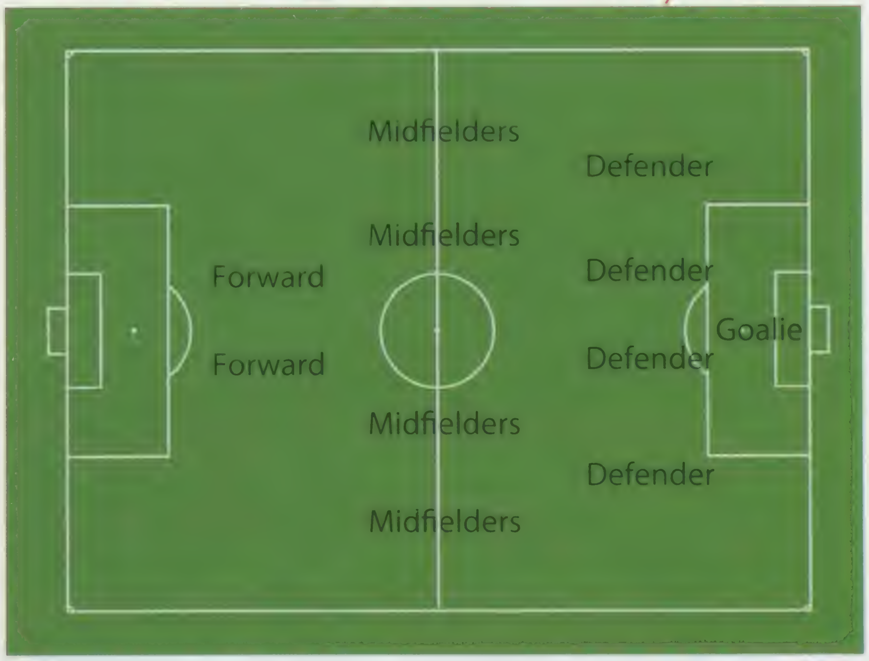
The team had an exciting game against Marshalltown by hanging on throughout the game and then taking it all in overtime with a 2-1 win.

"I consider that the most exciting game. It was nice to see all the boys' hard work paying off and them coming out with wins," said Derek Lounsberry. "It was really the boys that decided they wanted this season to be great and they decided to really dedicate themselves."

The team put in a lot of extra hours in the weight room during the off-season. They were scheduled to be in there twice a week and they did a variety of workouts.

"It was really great that everyone showed up and we had everyone's participation," said Torres.

THE BOYS' STRATEGY



STORY/LAYOUT BY: Kate Hurley

DETERMINATION

Along with a new football field also comes a first ever soccer field for East. Now students can really "Bend it like Beckham."

"I'm excited to play on the field. I think playing on a home field with a home crowd where most of our friends can come is really great," said senior Minh Phan.

The boys' soccer teams will still play at Cownie, but now they'll be able to play at East; as long as there's not a track meet going on.

According to Coach Tim Walljasper, the JV roster had to keep changing because the players kept switching positions.

"The season went ok, and the players kept getting better each week," said Walljasper.

Some sports have just a freshman team, but for soccer they decided to be unique, and call it the C team.

"It was my first year playing, so I think we did pretty well. I caught on a lot faster than I expected to. I had a lot of fun," said junior John Reynolds.

According to Head Coach Derek Lounsberry and Walljasper, both teams had the ability to work together, stay focused, and the willingness to get better.

"I thought the season was successful. We had some trouble with defense but we got over it and played as a team," said Phan.

Senior Jordan Duckworth does some tricks with a soccer ball. This was during practice before getting the JVs group picture taken.

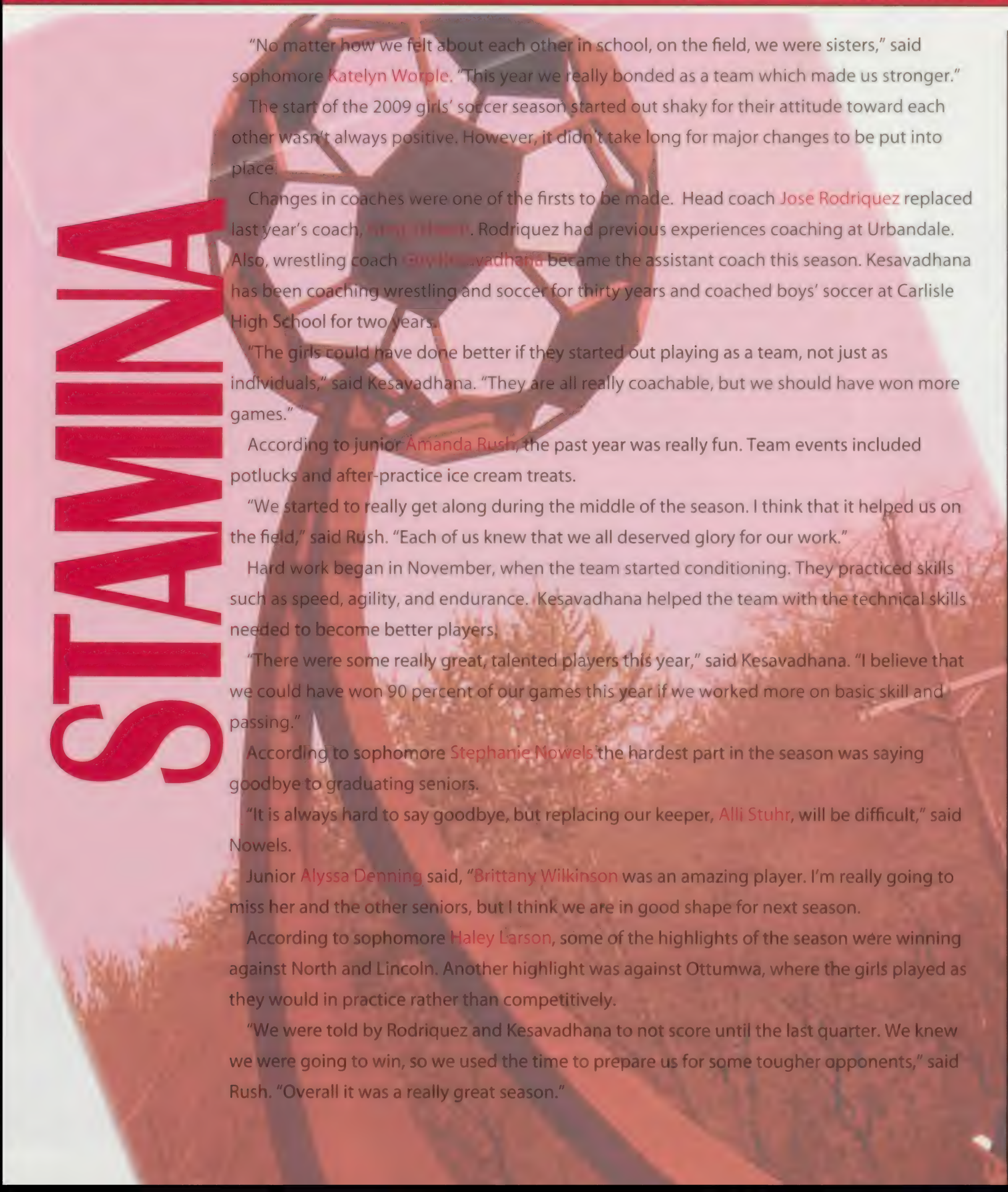
PLAYER PROFILE
Name: Say He Htoo
Fun Fact: The Worl Cup is the biggest soccer tournament in the world. It's held every 4 years

Bottom Far Left: The C team hustles as the Fort Dodge team tries to go for a steal.
Bottom Left: Both JV and C team boys stand around getting in some extra practice time before a group picture.
Bottom Right: C team members try and get the ball away from a Roosevelt player at their game.
Bottom Far Right: Soccer team runs around to try and get the ball during practice.

Th
game with F

ophom eff O'Brien guards the goal for the C team.

STAMINA



"No matter how we felt about each other in school, on the field, we were sisters," said sophomore Katelyn Worple. "This year we really bonded as a team which made us stronger."

The start of the 2009 girls' soccer season started out shaky for their attitude toward each other wasn't always positive. However, it didn't take long for major changes to be put into place.

Changes in coaches were one of the firsts to be made. Head coach Jose Rodriquez replaced last year's coach, [illegible]. Rodriquez had previous experiences coaching at Urbandale. Also, wrestling coach Guy Kesavadhana became the assistant coach this season. Kesavadhana has been coaching wrestling and soccer for thirty years and coached boys' soccer at Carlisle High School for two years.

"The girls could have done better if they started out playing as a team, not just as individuals," said Kesavadhana. "They are all really coachable, but we should have won more games."

According to junior Amanda Rush, the past year was really fun. Team events included potlucks and after-practice ice cream treats.

"We started to really get along during the middle of the season. I think that it helped us on the field," said Rush. "Each of us knew that we all deserved glory for our work."

Hard work began in November, when the team started conditioning. They practiced skills such as speed, agility, and endurance. Kesavadhana helped the team with the technical skills needed to become better players.

"There were some really great, talented players this year," said Kesavadhana. "I believe that we could have won 90 percent of our games this year if we worked more on basic skill and passing."

According to sophomore Stephanie Nowels the hardest part in the season was saying goodbye to graduating seniors.

"It is always hard to say goodbye, but replacing our keeper, Alli Stuhr, will be difficult," said Nowels.

Junior Alyssa Denning said, "Brittany Wilkinson was an amazing player. I'm really going to miss her and the other seniors, but I think we are in good shape for next season.

According to sophomore Haley Larson, some of the highlights of the season were winning against North and Lincoln. Another highlight was against Ottumwa, where the girls played as they would in practice rather than competitively.

"We were told by Rodriquez and Kesavadhana to not score until the last quarter. We knew we were going to win, so we used the time to prepare us for some tougher opponents," said Rush. "Overall it was a really great season."

Junior Chelsea Kesavadhana battles it out against an ADM defender.

Sophomore Haley Larson sweeps ball around opponet.

The scarlets gather round for a pep talk before a game. The captains were Alli Stuhr and Brittany Wilkinson.

STORY/LAYOUT BY: Megan Leis

ENDURANCE

"If I could describe it," said sophomore Ahmed Sama, "it would be one word; intense."

Track is a hard sport where you have to have your head in the game all the time. You have to make sure you get that good start off; keep up with the others, while also keeping a good pace making sure not to get too tired too fast.

"The hardest part of track or anything in life is conquering yourself and pushing your body to the next level," said East alum Richard [RJ] Harris. "Being ready and willing to give up everything you have just to cut off half a second, but when you do, it is really fun and pretty surprising."

As a track member you have to compete with the speed demons like Ottumwa High's track team, who became conference champions, and Omet Kak from North High.

"He's a solid runner and always had me chasing him," said Harris.

Coach Phil Ferguson and Assistant Coach Mel Green try to keep the team in shape and ready for these meets. Ferguson said he tried to get the team confident and ready the best he could, but in the end it was all up to them.

"Ferguson pushed us to do our best," said senior Learie Jones.

To stay fit and ready for meets, members did different things.

Harris said he made sure he always had enough food and water in him. He also said he liked to be alone most of the time just listening to music. He says it helps him to think of the task at hand, then he warms up for about 45 minutes before a race.

Jones said the team as a whole practiced, stretched, and had to stay relaxed.

Not only are there individual races like 400 meter dash, 800 meter dash, there are also relays that include 4 people like the 4x4, one person does 400 meters then the next person and so on, 4x8, and 4x1.

"My favorite part (of track) is preparing for our 4x1," Sama said.

One of the main goals for a track member is to qualify for Drake Relays.

"My main goal was to make it to state, but I didn't. I think I have a pretty good chance next year," said Jones.

Green said he has coached a few sports and track has been the most unique.

"There are different things you can do," Green said. "You could be a runner, a thrower, or a sprinter."

According to Ferguson, track should be considered a team sport.

"Most people don't think track is a team sport since members compete individually, but I'd beg to differ; at meets you get team points," Ferguson said.

Ferguson has coached track over thirty years, at both youth and high school levels. He said it is "like golf" to him, his favorite thing to do.

According to Green, track helps you prepare for life. It helps you to follow through with your responsibilities.

Alum Jonathan Swanson and alum Brad Davidson show off their muddy sweats. Regionals was rainy which caused a one hour delay.

Alum Jacob Sable runs to the finish line at practice. The distance runners did not always practice on the track; they also ran around the neighborhood.

Alum Richard Harris takes long strides to get around the track. Harris's best times include 4:32.23 for the 1600, 10:02.24 for the 3200, and 16:02 for the 5k.

Alum Marcus Smith, senior Tyrae Kemp, alum Horaleo Ukpan, alum Kenneth Ferguson

EAST SCARLETS

Alum Sam Campbell

Son of the coach, sophomore Ahmed Sama, alum Marcus Smith, sophomore Raymond Brown

Sammy Jones

Misty Black warms up before a hurdle race at Waukee. Many girls became injured during the race.

Back row: Jocelyn Brown, Royanah Marble, Megan Say, and Kalynn Fields. Front row: Tiffanie Porter and Shahira Robinson.

Back row: [illegible] Oliver and Misty Black. Front row: [illegible] Johnson and Jamie Chanton.

Name: [illegible] Johnson
Races: 100 meter dash, 200 meter dash, 400 meter dash, 4X200 meter relay, 4X400 meter relay, and the sprint medley relay
Superstition: "I like to get my heartbeat up, it helps me focus [illegible] and I like seeing what I'm up against so I can prepare myself to do better."

The girls that qualified for Drake relays went with head Coach Morton. The girls competed well.

Megan Say participates in the long jump competition. She was the only long jumper of the season.

STRIDE

EHS junior Kensie Channon runs as fast as she can hoping to finish first. Her heart is pounding and she's breathing hard. She's already tired and trying to push herself to the finish. As she's running she comes up to another hurdle. She jumps over it even though she's hurting and wishes she could stop. Finally, she crosses the finish line with the satisfaction of finishing the 400 hurdles.

Channon along with the rest of the girls' track team faced many struggles like this throughout the season.

According to EHS alum Elizabeth Godoy, the girls started off the season with no experienced hurdlers. Tryouts were held at the beginning of the season and girls that were found to have any natural talent in hurdles were asked to run them.

"It sucked we didn't have any real hurdlers at the beginning of the season, but for Coach Morton to throw random people in like that was kind of an eye opener of how much he really believed in our talents, " said Godoy. "We did amazingly well in hurdling even though the majority of the hurdlers were only noobs. I'm so proud of all of them and hopefully we can get more hurdlers out."

One of these inexperienced hurdlers was senior Riley Galvin. According to Galvin, she ruined the length of her right leg by doing hurdles. All her weight was getting put on it, which injured her hip and pulled the muscles in the right side of her butt. She continued to race despite her injury. She ended up falling and hurting herself more but instead of giving up, she got up and walked the rest of the race.

"I was worried for her, but I think I was more proud and saw another part of her that I had never seen before, she is a strong and determined person. It takes a lot of courage and strength for someone to keep going like she did, I know I couldn't have," said EHS alum Pa Vang.

According to junior Royanah Marble, one of the biggest highlights of the season was the Lincoln meet. The team came in second.

Others have different opinions.

"Every meet was a sort of a highlight to me, but the best I can recall was the team going into the Winterset meets as underdogs because we were up against really tough teams and came out near the top," said Godoy.

"I think the biggest highlight for me was the time at practice when all we had to do was run two laps and then help put away hurdles. All of us girls set them up and tried to race over them while we waited for Coach Bagley to come back with the golf cart to pick up the next set of hurdles. It was nice to have a day off and we all had fun just goofing off," said Vang.

EHS Alum [illegible] volleys with a teammate. Vang joined the team the '06-'07 season.

Senior Kelsey Robinson stands ready to hit the ball. The girls' coach chose Robinson as the most improved player for the '08-'09 season.

Junior Andrew Inrachavongsa serves his ball to a Hoover opponent. The '08-'09 season was Inrachavongsa's first year on the team.

SERVE

> “We lost a lot of good players last year, but the current seniors are willing to step up to the plate and fill in the gaps.”
>
> SENIOR RYAN BEGGS

The best thing about tennis is that we get to play the sport we love and play it with the people we love,” said senior Rosie Cam.

This attitude was shared between all the players on the girls’ tennis team. Although the girls didn’t have a winning season, this outlook helped the team improve.

“We had a lot of team support and our coaches did a better job at teaching us new skills,” said senior Jennifer Vong.

Team members also have plans on what to improve for the new season.

“I’m going to focus more on my serving and being more consistent this year,” said sophomore Ngoc Cao.

Cam plans to improve the bond between the players.

“It’s my senior year and I would love to spend a lot more time with the tennis team before I head on with my life,” said Cam.

This spring there were ten seniors, including manager Seirra Smith.

“It’s fun being with the team and feeling needed by them and the coaches,” said Smith. “It’s an individual sport but together we’re a team.”

Smith also said the best part of tennis was hanging out with the team before and during the matches.

The girls’ tennis team was led by head coach David Bullis and new assistant coach Adam Puderbaugh. Economics teacher Sami El-Baroudi will be taking over the position of head coach this next summer.

“I’m going to miss Coach Bullis because he’s been with us for two years and he really knows everything about us,” said Vong.

However, many returning players are looking forward to El-Baroudi’s leadership next spring.

“Mr. El-Bo is fun and I think he’ll be a good coach for us,” said Cao.

● ● ●

Consistency and accuracy were universal goals for the EHS boys’ tennis team last season. Becoming a better player was a common ambition for many players as well.

“The main thing we need to do this year is learn how to finish matches,” said coach Trent Smith. “It’s a challenge keeping everyone busy during practice and getting guys to understand the theories and strategies I try to teach them.”

“We lost a lot of good players last year but the current seniors are willing to step up to the plate and fill in the gaps,” said senior Ryan Beggs, who has been on the tennis team since his sophomore year.

The success of hard work was a good feeling for players, and playing with friends kept the team supportive of each other.

“The best part of tennis was just being able to do something fun,” said sophomore Salat Jones. “I’m definitely playing again next season.”

Jones said a favorite memory of his was when he hit three aces (serves that aren’t returned) in a row.

Other favorite memories included winning matches and building relationships with other teammates and coaches.

“Coach Ho helped us to become better tennis players and Coach Smith made us work hard too,” said junior Brian Terrell.

Coach Tam Ho resigned after last season and Coach Smith will be taking over as head coach.

“Coach Ho showed me what needed to be done and let me do a lot of things so I could get used to having that responsibility,” said Smith.

STORY/LAYOUT BY: Madison Williams

SWING

FORE! One word that is most known of the golf slang.

Others include ace, hole-in-one, airball, swing and miss the ball, and tee, wooden peg where the ball is set for first shot.

This year's boys didn't just know some golf words, they showed off their skill on the field.

Junior Jake Formaro said his favorite thing about golf was the meets and going out to eat with the team.

Senior Royan Johnson had fun on the golf team.

"I even wish I had another year," Johnson said.

Coach Deb Waltz has coached golf for eight years.

"I enjoy the sport. It is very relaxing," Waltz said.

Waltz also said it teaches life skills and she loves passing it on to others.

This season Maurice White teamed up with Waltz to coach the boys.

White said he started in the middle of the season the year before but is now with Waltz.

According to senior Kase Heuermann, White brought a lot of fun into the season.

"The kids want someone that is not always yelling at them," White said. "They want someone who is on their level and our easy to look up to."

"I mean we have had our ups and downs between us and the coaches but we always pull threw at the end," said Johnson.

According to Heuermann the team as improved a lot.

"I really hope they keep getting better after I am gone," said Heuermann.

"It's a sport you have to try," White said. "A lot of people think it's just a dumb game where you hit the ball and chase it."

The girls managed to get stuff done and were also able to goof around, according to alum Ariel Jetty.

"We had a lot of fun at practices. We always got stuff done but still managed to goof off a little bit," said Jetty.

Jetty said to get ready for meets there was "basically good lucks and have funs to everybody before we go out" there was no real "get ready."

Coach Lowell Long said his favorite thing about coaching the girls is he loves the outdoors and he loves watching them get better.

Junior Kelcie Riesterer said her favorite thing was getting to compete with herself and having fun just golfing all day long with friends.

"And having Long there isn't too bad, either," Riesterer said with a laugh.

Long has coached the girls for eight years.

"Mr. Long is awesome and really fun," said Jetty

"Seriously, this was our second best year in the eight years I've been here," Long said.

The girls finished 10th out of 12, which is the highest finish in Long's eight years.

"We were four strokes from being 9th," Long said.

The 14 girls that made up the team were also combined with one girl from Lincoln.

"I like being combined," junior Madison Tedrow said. "It gives us more people since not too many come out (for the team)."

Long is looking forward for next year and is hoping to get a brand new bunch of good athletes, including freshmen.

[illegible]

"Golfing in one of our biggest meets without a driver and in the pouring rain while getting the best score I've ever gotten."

Junior Kelcie Riesterer

[illegible]

"When we beat Roosevelt at the Hawken Classic, then the next day we beat them at a triangular meet. It was one of our goals for the year; the others were to not finish last and to break 500, which we did 4 times and only came in last at 3 of our meets."

Coach Long

[illegible]

"The best part was watching the team learn and grow stronger. It was great seeing the girls beat their scores."

Alum Ariel Jetty

Best Moment

"When we were on our way to a meet and Kase put some Rooster Booster pills in Logan's Vault and Logan's dad started freaking out."

Senior Royan Johnson

Favorite Team Memory

"The car rides to meets and going out to eat with the team after meets."

Senior Kase Heuermann

Best Moment

"In general the fun times we had at the meets."

Junior Jacob Formaro

Best Moment

"Probably the rides home from long trips & people joking around."

Junior Logan Davis

Best Moment

"I remember Mr. Long's crazy stories on the way to our meets. And the dinner in Ottumwa."

Junior Vanessa Gobb

Best Moment

"The ride to a meet when Kase and Logan were play fighting each other."

Junior Tim Novak

Best Moment

"This one nine-hole meet at Grand View, we were golfing against Des Moines Christian and it was raining. Kelcie and I were together which was odd but we were with one other girl and we were all freezing and wet and huddled under my umbrella and every time it was Kelcie's turn she would run to the ball and Happy Gilmore it and run back to the umbrella."

Junior Madison Tedrow

Best Moment

"Just having fun with the team by joking around and playing golf."

Junior Payton Pringle

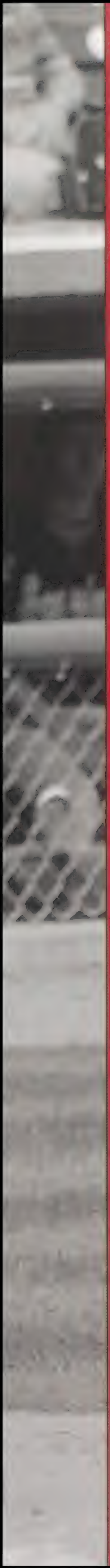
Story/Layout by: Sammy Jones

Sean DeGoey(pitcher)

Tyler Jensen(catcher)

Gage Rhoades(shortstop)

Senior Tyler Jensen prepares to swing away. Jensen was pulled up to varsity his sophomore year.



AGILITY

With only a few returning starters, the varsity baseball team overcame many obstacles with their hard work and dedication to come out feeling on top.

The team showed up ready to play in their first substate game and left with a tremendous win with the outcome of 16-1.

"We won our substate game against North, and that hasn't been done in awhile," said senior Brady Burrows. Burrows played 1st and 3rd base last season.

The team was ranked 10th in the state this year, a big improvement from last year.

"Last year we didn't end up ranked so to come back and be ranked 10th is pretty awesome," said senior Dustin Medearis.

A big accomplishment for the team this season was beating Souix City North. But they didn't just beat them, they 10 run ruled them ending the score at 13-1.

"That was definitely the best game of the season, especially because they were the eventual state champs and that made the win so much better," said senior Sean DeGoey. DeGoey played shortstop and pitched last season.

Another notable victory was the win over West Des Moines Valley. It was the first time they have beaten them in four years. It was an intense and exciting game with the score of 6-4.

"The last couple of teams weren't able to do that so it was great that we got to break that streak against them," said senior Ben Sigmund. Sigmund was a starter at second base.

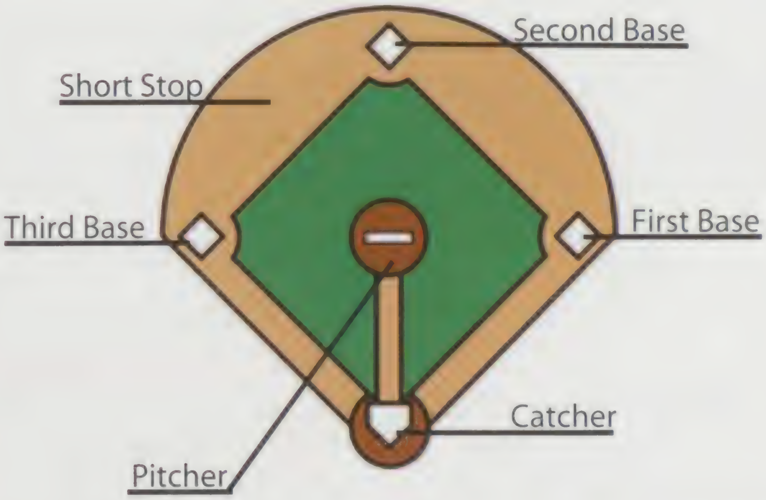
They ended the season with a record of 17-3 for their conference games and in all their games combined, a record of 28-11.

"All in all I think the team feels good about the season and were stoked for the next season because we're stacked with 13 returning players," said Sigmund.

An East batter swings for the fence with all of his might. The team had a great time playing Hoover at Principal Park Stadium.

Alum Antonio Nizzi said,"It was a great experience pitching at the Cubs stadium." Nizzi aspires to be a professional baseball player.

Alum Matt Widlund throws the ball to first base just in time to get the out. "I hope to find a way to still play baseball in college," said Widlund.



STORY/LAYOUT BY: Kate Hurley

Concentration

Every year, the 9 and 10 baseball teams work extremely hard to get on the field and win. Although it was uncertain when some of the sophomores were switching to varsity, they still had a successful year and accomplished their goals.

Coach James Giboo said, "This is the first time that this group has had a winning season so I consider it a great success."

As always the team was motivated by their coaches and the players were continually being prepared to play at the varsity level.

"We played pretty well. We got second in conference and the coaches were great and made it fun," said junior Zakary Jones.

Going 15-10 this year, Coach Marty Luft applauds each of them.

Luft said, "The team looked like a whole new team by the time we finished the year. We had an amazing last week of games finishing with beating Ankeny in a double header that cemented the season's success."

The coaches also made sure the team had their priorities in check and they worked them hard. According to the team and Coach Luft, they did a lot of sacrificing, stealing, and Coach Luft's favorite, the "suicide squeeze".

"The hardest thing for me was always the practice after a day I had pitched," said Jones.

The team also learned how to win as a team, lose as a team and pull together in order to succeed.

At right, sophomore Matthew Brower quickly catches the ball

Below, the team comes together to have a meeting. Coach Carl Drautz motivates and encourages them to keep up the good work.

Observing the competition

Preparing to hit the ball

Team cheers on fellow members

Attempt to tag opponent out

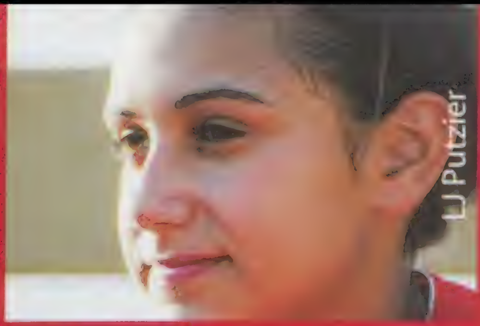
The team must always be observant when playing . They must keep an eye on the opponents and make sure they are incapable of reaching home plate.

Teammate celebrating

Pitching Statistics

	INNINGS PITCHED	RUNS	HITS	STRIKE OUT	WALKS	EARNED RUNS
Nick Roth	31	31	38	21	9	20
Zac Jones	39	25	26	35	25	15
Logan Davis	30	24	32	16	26	22
Kyle Thomson	20	28	20	16	10	11
Austin Bellis	11	12	12	5	8	7

STORY/LAYOUT BY: Ambreyana Jones


LJ Putzier

Cailtyn Carmichael

Jessica Grochala

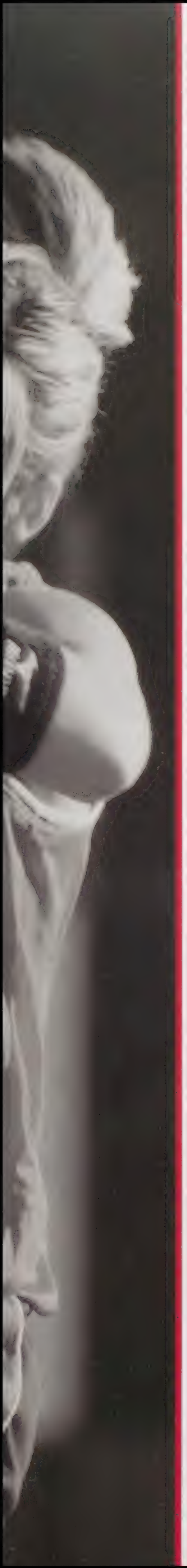
Ashley Prem

Before The Game

Riley Fisher

Cari Smith

Sophomore **Janie Smith** powers through a pitch during a softball game. The team had two new pitchers last season.



PERSEVERE

Sophomore Janie Smith walked out to the mound and picked up the ball during a game last summer. It was her first time pitching a varsity softball game and she was ready.

There were many new players, like Smith playing on the varsity field this year. The team had twenty players and some of them were playing varsity for the first time.

"It was really nerve-wracking. I wanted to do well but I just didn't know how it was going to turn out," said Smith.

Both pitchers for the softball team were freshman with very little experience at the varsity level.

"I pitched a couple of games at the end of last year so that kind of helped me out. But I was really nervous to come in and pitch half of the games we played," said sophomore Riley Fisher.

While the girls were uneasy about going in and pitching 7 innings for one of the best softball programs in the state, they did exceptionally well.

"I thought our record was really good, seeing that we had a new look for our team," said senior Cari Smith.

The coaches were also proud of what the freshmen did on the mound.

Along with having two new faces on the pitching mound for the Scarlets, the defense behind the pitchers changed up a bit as well. Junior Ashley Prettyman and sophomore Jessica Grochala both changed positions just before the season started.

"I went from the outfield and took second base. I didn't have a lot of time to get the position down, but I think I did really well," said Prettyman.

"I had been practicing at second base since fall ball and the coach changed me to third just before the season started. It was really weird going from one side of the field to the other in a matter of weeks," said Grochala.

While the Scarlets may have had a new look to their 2009 team, they still played top-notch ball and had a very successful year.

PLAYER PROFILE

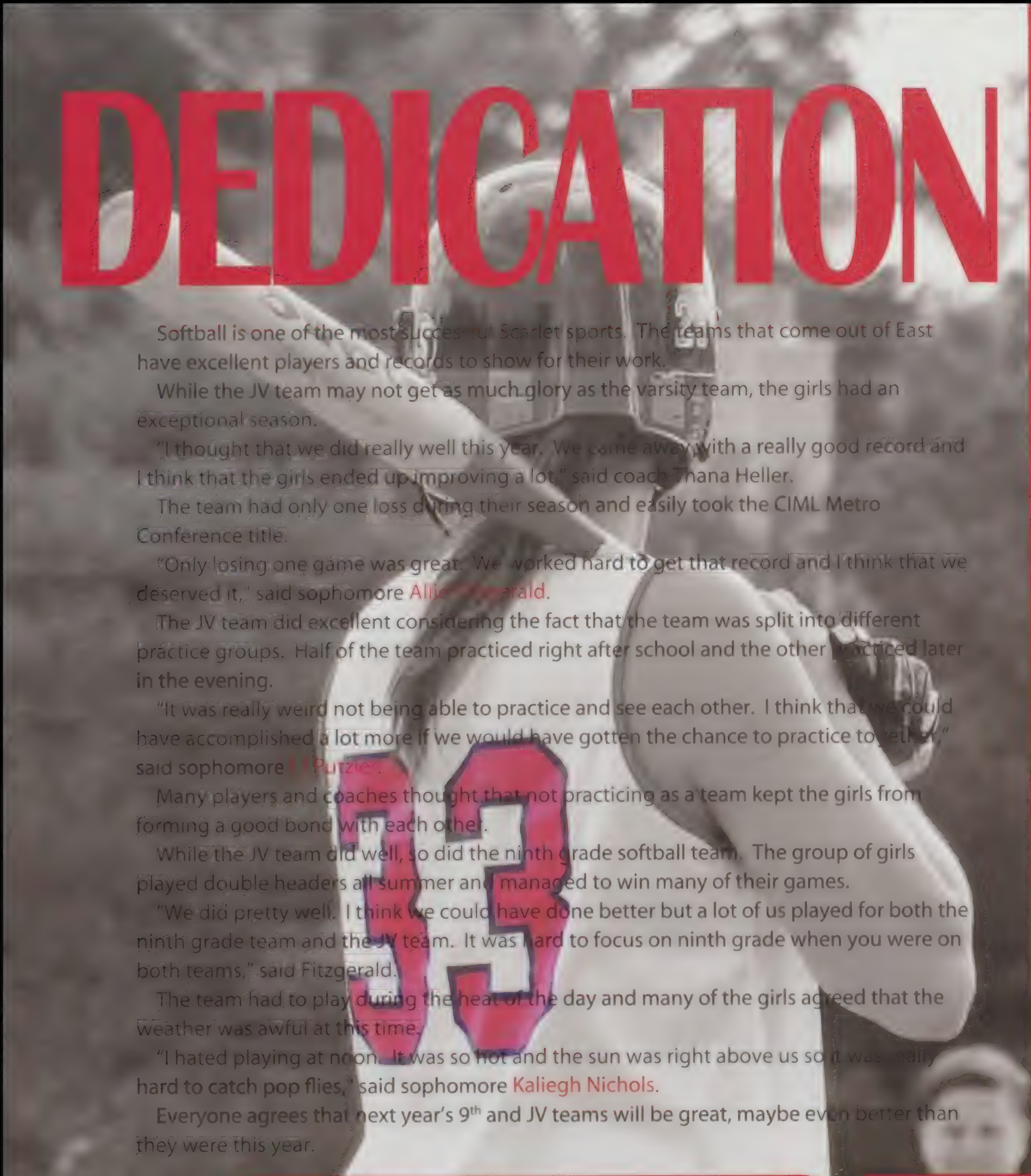
ALLIE FITZGERALD

Position: Outfield
Bats: Right
Throws: Right
Fitzgerald also played basketball in the winter.

Taylor Allegeier

Senior Night

DEDICATION



Softball is one of the most successful Scarlet sports. The teams that come out of East have excellent players and records to show for their work.

While the JV team may not get as much glory as the varsity team, the girls had an exceptional season.

"I thought that we did really well this year. We came away with a really good record and I think that the girls ended up improving a lot," said coach Thana Heller.

The team had only one loss during their season and easily took the CIML Metro Conference title.

"Only losing one game was great. We worked hard to get that record and I think that we deserved it," said sophomore Allie Fitzgerald.

The JV team did excellent considering the fact that the team was split into different practice groups. Half of the team practiced right after school and the other practiced later in the evening.

"It was really weird not being able to practice and see each other. I think that we could have accomplished a lot more if we would have gotten the chance to practice together," said sophomore [illegible] Putzier.

Many players and coaches thought that not practicing as a team kept the girls from forming a good bond with each other.

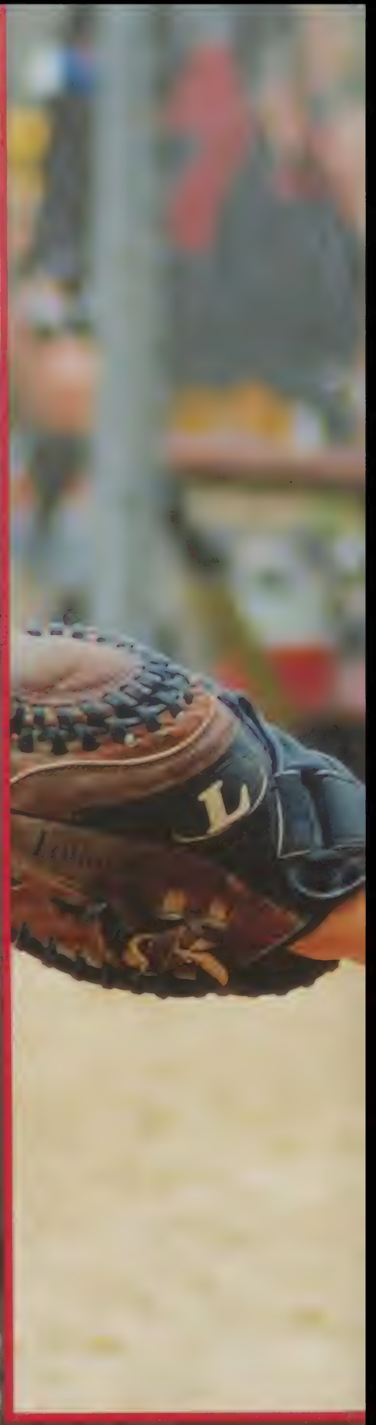
While the JV team did well, so did the ninth grade softball team. The group of girls played double headers all summer and managed to win many of their games.

"We did pretty well. I think we could have done better but a lot of us played for both the ninth grade team and the JV team. It was hard to focus on ninth grade when you were on both teams," said Fitzgerald.

The team had to play during the heat of the day and many of the girls agreed that the weather was awful at this time.

"I hated playing at noon. It was so hot and the sun was right above us so it was really hard to catch pop flies," said sophomore Kaliegh Nichols.

Everyone agrees that next year's 9th and JV teams will be great, maybe even better than they were this year.

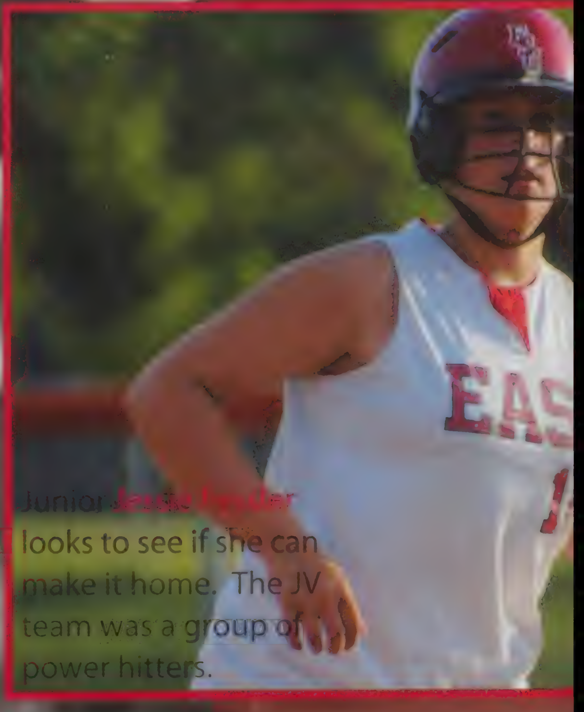


PLAYER PROFILE

GET TO KNOW
WHO'S
PLAYING THE
FIELD

HEATHER PRETTYMAN

Position: Outfield
Bats: Right
Th [illegible]
Nic [illegible]
Pret [illegible] played
soft [illegible] 3
years [illegible]



Junior Jessie [illegible] looks to see if she can make it home. The JV team was a group of power hitters.

Junior Stacie Brown gets ready to catch the ball. Brown also plays on the varsity team.

Freshman Jamie Reynolds looks to her coach to see if she can steal. Stealing is a big part of softball.

The JV team huddles up before taking the field. The team only had one loss during the season.

9/JV Softball

STORY/LAYOUT BY: Kaitlyn Carpenter

After the ga
the two tea
r plaque
Volleyball
009

At the end of every football season the senior players turn in their helmets and shoulder pads in exchange for knee pads.

"It is fun playing the girls, especially when some of the guys wore our version of spandex," said senior Errol Sutton.

On November 11, the boys played the Varsity volleyball girls in hopes of taking the trophy this year.

"We didn't know there was a trophy until the day of the game but we came really close to winning. We totally could've won if we would have played another game," said senior [illegible] Rowe.

It was an extremely close match going into 5 games. The girls took the first two, the guys took the second two and then they battled it out in the 5th game with an ending score of 13-15.

"It was a rip off to end the last game at 15, we should have played it full out to 25," said senior Tyler [illegible].

Though the boys lacked in fundamentals, they made up for it with their raw hitting power.

"I was the setter and I would set up Tyler and Tyrae, but every now and then I liked to hit it, too," said senior [illegible].

The two teams got together after school, the two days before the game, from 2:45 to 4:15 for practice. The boys learned technique, serving and hitting approaches.

"It was funny watching them practice. They would try to give each other pointers when none of them really knew what they were doing," said senior varsity volleyball player [illegible] Reynolds.

They not only wanted to play like volleyball players, they wanted to look like them, too.

A few of the seniors on game day showed up with their spandex (compression shorts) and knee pads.

Blue 42 set SPIKE

Senior Tyler Jensen stands ready at the net for another play. "The best part was definitely blocking the girls," said Jensen.

Before the game, coach Terri [illegible]ermann gives the last bit of advice.

The boys show off their perfect passing form.

Senior Sean DeGoey easily hits the ball over the net.

Football vs Volleyball

STORY/LAYOUT BY: Kate Hurley

Keelie Deay runs in the conference meet at Ewing Park. After the meet the team went to Cici's Pizza for dinner.

Player Profile

Meredith Layman

Grade: 9
Years in cross country: 1
Best time: 17:06
Goals: "My goal for next year is to get under fifteen minutes."

Senior Leanie Jones runs in the Ames meet. Jones was captain of the boys' team this year.

Laurie Jones, Jacob Keeney and David Cordero

Haua Vang

CAR WASH
369

[illegible] and [illegible]

PACING

Running around the neighborhoods surrounding East, you'll find the cross country team. This year they had some more running companions.

East started a middle school program where grades 6-8 could join.

"I think it was good we had the middle school program but it would have been better if we would have been more involved with them. We only got to see them twice. But it's good for them because it keeps them involved and out of trouble," said senior Jacob Keeney.

According to coach Chris Kannapel, they started the middle school program in order to give middle school students a taste of high school sports. Also, they hope to get more kids interested in cross country so that they can start getting more kids out for the team when they come into high school.

The team was small in numbers and most were out for their first season. The previous year the girls team consisted of mainly seniors.

According to some of the first year runners, cross country was not what they had expected it to be.

"In some ways it was a lot different than what I expected. I thought it would be kind of hard and a good workout. It was more difficult than I expected, but I still liked the work. After the meets, overall, I was proud of what I had accomplished and that's all that really matters," said sophomore Alysia Millan.

"It was definitely not what I thought it was going to be. First of all, I thought I was already in good shape from swimming, but I wasn't, at least not for running. The workouts were harder than I though,t too. I thought we would just run like 10-15 minutes a day," said Keeney.

According to Kannapel the team was both young and inexperienced.

"It was a year of learning how to be a cross country runner for both teams. We had one female and three males with any experience on our squads," said Kannapel.

The team gets together after the Ames meet. Many of the members ran their best times in this meet.

STORY/LAYOUT BY: ALINA MCDANIEL

Spirit

This year's senior varsity cheerleaders have overcome several obstacles.

Over the past four years the cheerleaders have had four different coaches, four different warm-ups, and four different styles of coaching. The assistant coach Cindi Abbas has been the only consistent coach for three out of the four years.

"It has been an adjustment every time there is a new coach. It is not only a learning experience for them, but also for me," said Abbas.

Despite all of these obstacles, the cheerleaders have pulled through. They continued to have summer practices and attend cheer camp.

Cheer camp was at Okoboji, Iowa with the National Cheerleading Association (NCA). It was different from their regular Universal Cheerleaders Association (UCA) camps. They were there for four days and went over old and new cheerleading information. While there, they won a lot of awards, like Game Day Top Team and Final Day Spirit Stick. They also won the Most Spirited during the State Fair Parade.

"I liked camp this year, but I think UCA was better. They didn't have the banana, and I don't think it's a proper camp with no banana. There was no home pom either," said senior Katie Heggen.

The banana is like a spirit stick, but it goes to the ones who are the most spirited throughout camp at the end of the week.

Home pom is a dance that the cheerleaders learn before they go to camp. They perform it in front of the other cheerleaders at camp and get judged on it.

"It was different not to have the banana and not having to do the home pom routine at camp this year. I was upset because it wasn't as much fun as UCA, and the counselors didn't help out a lot," said junior Peyton Rowe.

Camp and a new coach weren't the only things that were different this year. For the first time, sophomores were able to be on varsity during the football season.

"I'm glad that the sophomores had the opportunity to be on varsity this year, even if it was just for football season. It was a lot of fun," said sophomore Diana [illegible].

With the sophomores being able to cheer with the varsity, and having 13 seniors and 7 juniors, the football varsity squad was the biggest squad East has had in a number of years. With only 25 cheerleaders being able to be on the field, they just made it.

"It is always a challenge to work with such a large group of individuals and have harmony all the time," said Abbas.

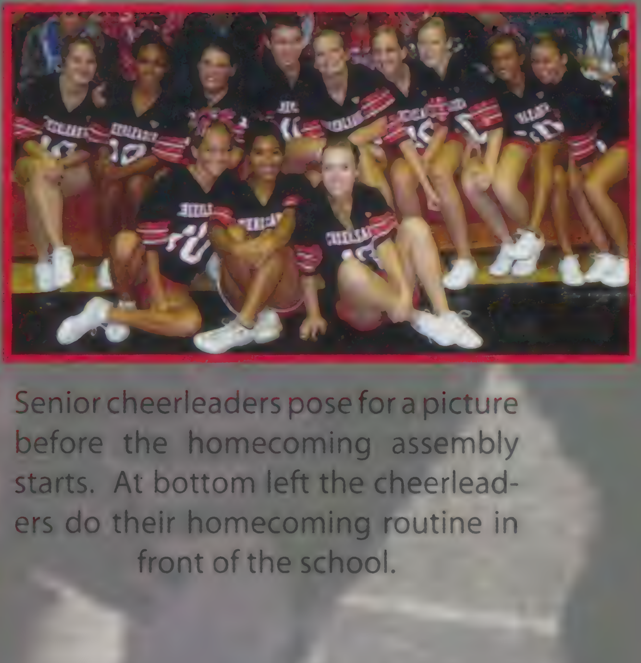
After the football season was over and the winter season came into play, the varsity squad went back to juniors and seniors only.

Varsitysquad throughs up a stunt for kicking off. Putting up a pyramid for the kick off is how they get the crowd going.

Cheerleaders line up to do Where ya from cheer with the student section. A new cheer the crowd liked was Hey burrito.

Varsity squad poses on the last day of NCA camp with their trophy and coaches. They also won two blue ribbions for final day evaluation.

At left Katie Heggen, Deja Green, and Nadia Tyler lift Cassandra Lenthi into a man stunt. At top varsity poses aroung the BK sign on the football field.



Senior cheerleaders pose for a picture before the homecoming assembly starts. At bottom left the cheerleaders do their homecoming routine in front of the school.

Freshman basketball squad

Sophomores

Freshman basketball cheerleaders

Skylar Funderburk and Casi Siders

Freshmen

Sophomores

Cheerleading camp

JV basketball cheerleaders

Stunting

Energetic

A couple of cheerleaders from the sophomore squad pose for a quick picture during stretches.

Imagine going to a new school with new people and being expected to stand in front of them center stage at a football game. This is what is expected out of the freshman cheerleaders.

"We were all really nervous at first especially before we went out on the track but you loosen up after the first few cheers," said freshman Lauren Holmes.

Then there are cheerleaders that are a little more experienced and want the attention on them at all times.

"This year was a lot of fun and all of us that had been on the squad last year felt like we knew the cheers a lot better," said sophomore Skylar Funderburk.

Before every season, the girls must tryout for their spots on the squad. Though some say it's fun, everyone gets nervous awaiting the results.

"Tryouts are crazy, it is truly nerve-wracking to wait and find out if you made it," said freshman Meredith Layman.

A great advantage to being a part of the freshman cheerleading squad is the friends you make immediately.

"We all hang out together in and outside of school, we are all really close friends," said freshman Stephenie Gabriel.

Cheerleaders also take part in fun activities that other groups and clubs don't usually consider, such as teepeeing, a tradition the girls have kept going for years.

"I would definitely say that's one of my favorite parts of being a cheerleader, I look forward to it the most," said sophomore Miranda Mason.

STORY/LAYOUT BY: Kate Hurley

Senior Willie Brazzle

Football players run out onto the field to start a game.

Senior Jacob Reed tackles a Lincoln player.

Ballentine runs with the ball while senior Quintin [illegible] blocks an opponent.

Senior Cavar Althans warms up before a game by catching a ball or two.

The O-line gets in position at the sub-playoff game vs. Lincoln. Scarlets went into overtime and won 14 -7.

OBLITERATE

Senior Tyler Jensen holds the ball for junior Jesus Zambrano to kick a field goal.

PLAYER PROFILE

Name: Nicholas Grochala
Position: Offensive Line
O-Line job: Block all those trying to tackle the quarterback.

"Ladies and gentlemen, let's hear it for our EAST HIGH SCARLETS!"

This is what students, parents, alumni, and fans of East wait to hear on Friday nights from Woody Saddoris, who introduces our football players as they come charging onto the field and are surrounded by the band, Color Guard, Steppers, and the cheerleaders.

From starting off the season against a team already ranked to beating six of the nine teams, the football players played hard.

"The season went really well. We had a good group of seniors this year and they lead us to where we are now," said Head Coach Rick Roberts.

Not only the fans and students, but most of the football players would agree that the hardest game was against Lincoln. Most would also agree that East should've won.

"I thought that we came out slow and not physical. I think we should've played from the first snap hard and made up for our mistakes, but I we got our revenge at the sub-playoffs," said senior Dorian Ballentine.

On Wednesday, October 28, the Scarlets got what they wanted. They went back to Hutchens stadium to play Lincoln once again.

Ballentine made the first touchdown, but Lincoln came back in the 4th quarter, tied up the game, and forced the team to battle it out in overtime.

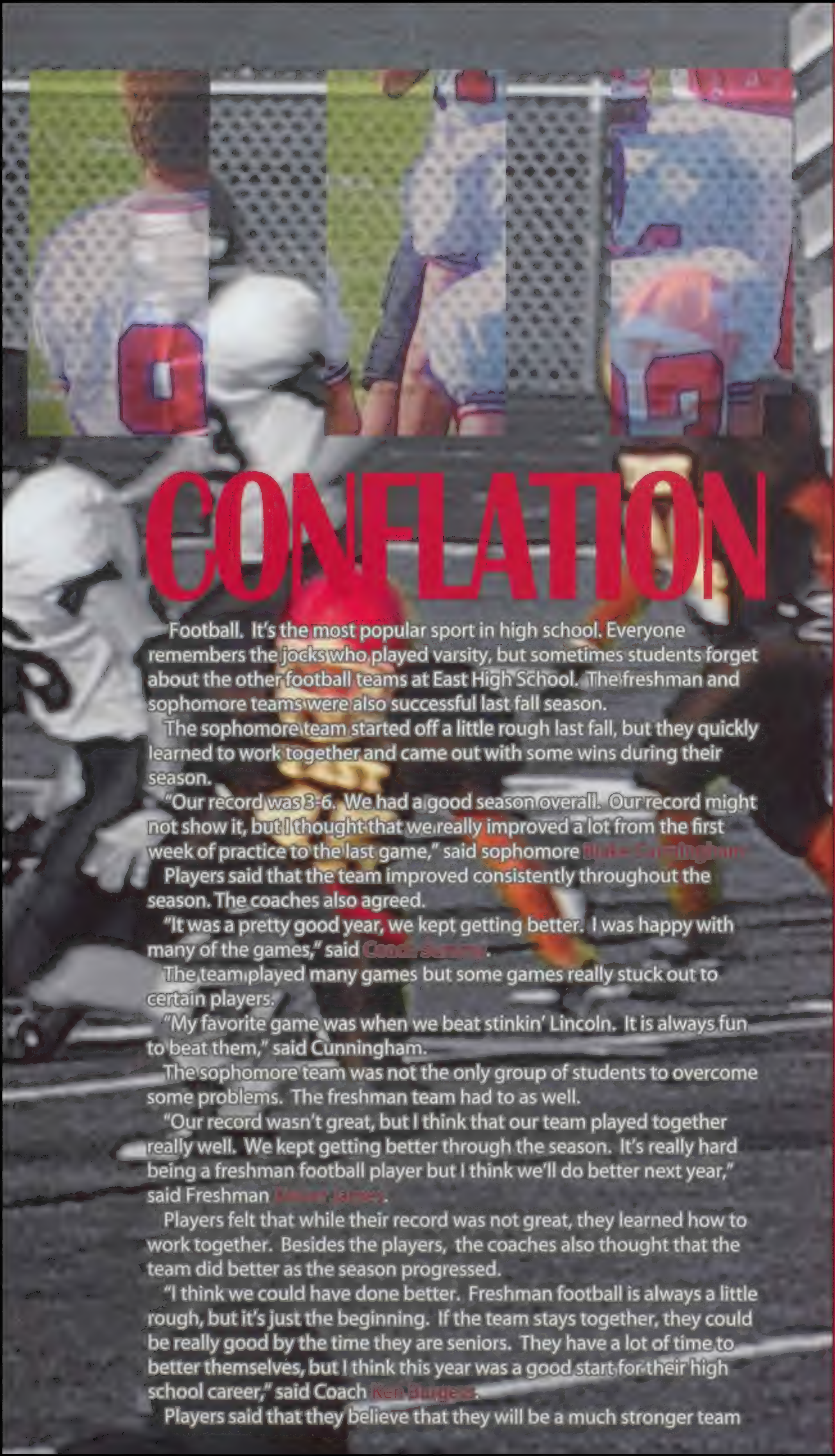
"When we went into overtime, all I could think about was 'Holy crap this is intense,'" said senior Dustin Rowe.

The scarlets made the touchdown and blocked Lincoln in a goal line stand in over time. After winning the sub-playoffs, they went on to play Dowling on November 2.

For a lot of the players, playing against Dowling in the playoffs was their last time, for others it was just the beginning.

"It was the greatest feeling I've ever experienced. And to be a leader for the O-line, man it felt good. It was rough to see that my last high school football game was over like that because football has helped me out in life. It's made me realize what I want to be and do. It's also taught me a lot of skills, and that's what has made me who I am today," said senior Dylan Brewer.

STORY/LAYOUT BY: NADIA TYLER



CONFLATION

Football. It's the most popular sport in high school. Everyone remembers the jocks who played varsity, but sometimes students forget about the other football teams at East High School. The freshman and sophomore teams were also successful last fall season.

The sophomore team started off a little rough last fall, but they quickly learned to work together and came out with some wins during their season.

"Our record was 3-6. We had a good season overall. Our record might not show it, but I thought that we really improved a lot from the first week of practice to the last game," said sophomore Blake Cunningham.

Players said that the team improved consistently throughout the season. The coaches also agreed.

"It was a pretty good year, we kept getting better. I was happy with many of the games," said Coach [illegible].

The team played many games but some games really stuck out to certain players.

"My favorite game was when we beat stinkin' Lincoln. It is always fun to beat them," said Cunningham.

The sophomore team was not the only group of students to overcome some problems. The freshman team had to as well.

"Our record wasn't great, but I think that our team played together really well. We kept getting better through the season. It's really hard being a freshman football player but I think we'll do better next year," said Freshman [illegible] James.

Players felt that while their record was not great, they learned how to work together. Besides the players, the coaches also thought that the team did better as the season progressed.

"I think we could have done better. Freshman football is always a little rough, but it's just the beginning. If the team stays together, they could be really good by the time they are seniors. They have a lot of time to better themselves, but I think this year was a good start for their high school career," said Coach Ken Burgess.

Players said that they believe that they will be a much stronger team

Two sophomore players run for a catch during a game. Many players said the team improved throughout the season.

Players listen to Coach Burgess during a practice. The freshman were able to come away with three wins this season.

STORY/LAYOUT BY: Kaitlyn Carpenter

Serve /Receive

Kaci Young

Blocking

Players duck down so their teammates can see the serve. Players try to make serve/receive as easy as possible for their back row.

Huddle

Serve/Receive

Passing

Huddle

Passing

INTENSITY

The team started off with a solid foundation as the season kicked off. With 9 returning varsity members the team was set for success.

"We had a huge advantage with so many returning players, we all knew how each other played and didn't have to waste time adjusting, we started right where we left off," said junior Kaci Young.

The team started out strong winning the first game of the season over Mason City. They battled hard going into 4 games, but came out on top.

"That was the most exciting game and we had a crowd of our friends cheering us on so we had to win it for them," said senior Kayla Wisnousky.

The team spent many long Saturday weekends together. They traveled to tournaments all over the Des Moines area such as Cedar Falls, SEP, Urbandale, Ames and Johnston.

"We had a ton of fun on the weekends. My favorite time was after we were done playing we met up at the Bass Pro shop to bowl and then they stayed at my house," said junior Tasha Schoborg.

The team spent many hours together practicing, playing, and competing, but it was the lock-in that made them a true team at heart.

"I was really excited to have a lock in with it being my senior year and all, and it's only fitting that we spent the whole entire night playing volleyball," said senior Sam Johnson.

The school showed a lot of support to the girls this year by creating a student section that attended all home and away games.

"It's an intense game that's really exciting to watch. It gave us something fun to do on Tuesday nights," said senior Dustin Medearis.

The girls won the Saydel Invitational for the second year in a row. All their hard work paid off because when the tournament was over each girl received a medal.

"I think my favorite tournament was at Urbandale because all the teams got together and got each other pumped up before playing one another," said senior Rene Reynolds.

Volleyball Vocab

TIP	a light tap of the ball over the net
SPIKE	an attack intended to score a point
BLOCK	jumping with arms extended up in the way of the ball
SET	a pass that leades to a spike
DIG	a defensive return against a spike

STORY/LAYOUT BY: Kate Hurley

Janet Reaza

Hanna Haskins

Amanda Rush and Tera Rhoades

Time out is called in attempt to throw off an opposing server. Both teams are only allowed two time outs a game.

Freshman Kayla Foreman kneels down to successfully pass the serve up to the setter. It was a close game with a score of 18-21 against Ottumwa.

Sophomore Jayde Sleeth subs out so her teammate can step in and serve. This season JV had a large team with 27 girls.

Freshman Artichaia Wise goes up for a single block against Ottumwa's right side hitter. Wise is responsible for blocking right side, middle and left side hitters.

CONFIDENCE

Ashley Prettyman stands behind the red line. She does her routine, slapping the ball at the ground three times, raising the ball up at arms length, taking a deep, relaxing breath and in a split second hits the ball hard and fast over the net to the opposing team.

Her teammates watch silently as the ball smacks the ground between Mason City's two players, and then they erupt in shouts of joy.

"The feeling when you serve an ace is indescribable because its just so great that you got your team that point," said junior Tera Rhoades.

Both the JV and the 9th grade team had great victories over Hoover. JV battled it out with scores of 25-17 and 26-24 and the freshmen also won 25-14 and 25-22.

"My favorite game was against Hoover because we won and it felt really good to get a win under our belt," said freshman Hanna Haskins.

This is JV's first year having a libero position. This is where one player can play backrow for both of the middle players and it doesn't take away from the number of substitutions the team is allowed.

"It gives us the option to have our best passer on the floor at all times," said coach Jessica Montag.

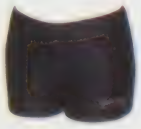
For some girls this season was their 2nd or 3rd year out playing the sport they love, but for others they were just discovering it.

"Being a part of a team and being with all of my friends is the main reason I love volleyball," said freshman Torree Richardson. This was Richardson's second year playing volleyball.

Going out of a new sport can be intimidating but ultimately it might lead to friendships that will make the transition from middle school to high school easier.

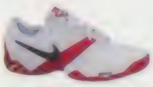
"I already knew people from other schools through the middle school volleyball program, so now in high school I actually go to school with them and that's pretty cool," said freshman Cassie Douglass.

Game Day Necessities



Spandex

Knee Pads



Shoes

Prewrap

Socks

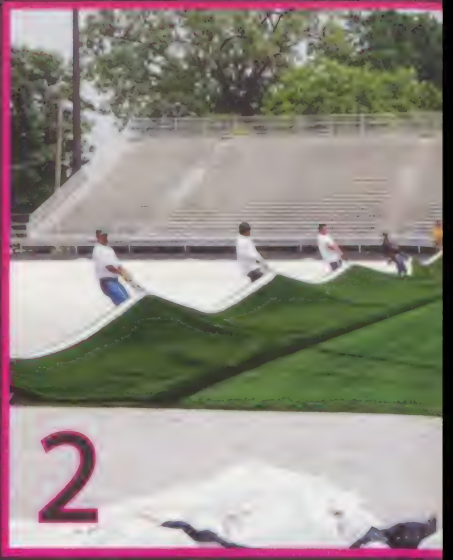
9/JV Volleyball

STORY/LAYOUT BY: Kate Hurley

A worker ass[illegible] the end [illegible] hot [illegible] The project took [illegible] summer break.

Rome wasn't built in a day, and neither was the new field. Here's a look at an outline of the project.

1



2

New field is here!

You walked into the football stadium for the first home football game of the season. You took a position in the student section and noticed something different. Did the team get new uniforms? No, that's not right. Is there a new scoreboard? Nah. Wait, is the field brand new? Yeah! That's definitely it!

Last summer, the football field was torn up and replaced with brand-new turf. The project wasn't spur of the moment, though. It took many hours of preparation and many people to put it all together.

"The whole thing began about 5 or 6 years ago. We wanted a new field and a college was looking for a place to play," said Athletic Director **Mr. Powell**.

Grand View University wanted to start a football team but had nowhere to practice or play games.

"We were open to any and all possibilities. We knew that it would be a great partnership," said Powell.

With that partnership, came the new field. Powell said the old field wouldn't have been able to handle practices and games if that many teams were playing on it and new turf would be perfect.

"The great thing about having a partnership with GVU is we get better facilities. We shared the costs of the renovation half and half, but the students also get to be close to college level sports as well. This past year, the football players got to see college football players practice, and the track athletes were able to practice alongside the Grand View track team," said Powell.

Along with new turf came a new long jump pit, a new high jump area, and a pole-vault area," said Powell.

Powell said although the track hasn't been remodeled yet, track athletes still get to reap the benefits of the partnership and remodeling with the new field event areas.

The field may look great now, but there are many rules to keep it looking its best.

"There can be no colored drinks on the turf. It would ruin it and that block would probably have to be replaced and that would be really awful looking. The football players aren't allowed to ever wear steel cleats either," said Powell.

Along with those advantages, the field can also double as the practice field now.

"Instead of having practices in a practice field, teams were able to practice on the playing field," said Powell.

The football field is not the only project the athletic department had up their sleeve. Designs for a new pavilion have been set in motion.

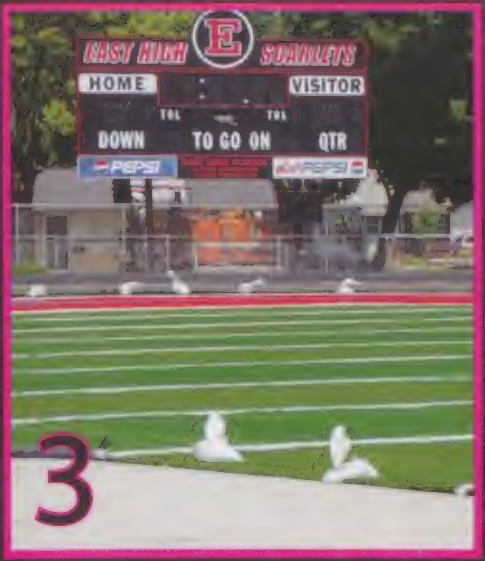
"We have designed a new entrance area for the football field that connects the softball, baseball, and football fields, together. It will be almost like a museum when it's finished," said softball coach **Bob Ligouri**.

The only thing the department is waiting for is the funding for their next big project.

"We hope to have it done before the first football game of next year," said Ligouri.

The football team practices on the new field. In order to keep [illegible]

renovation TIME!


EAST HIGH
E
SCARLETS
HOME
VISITOR
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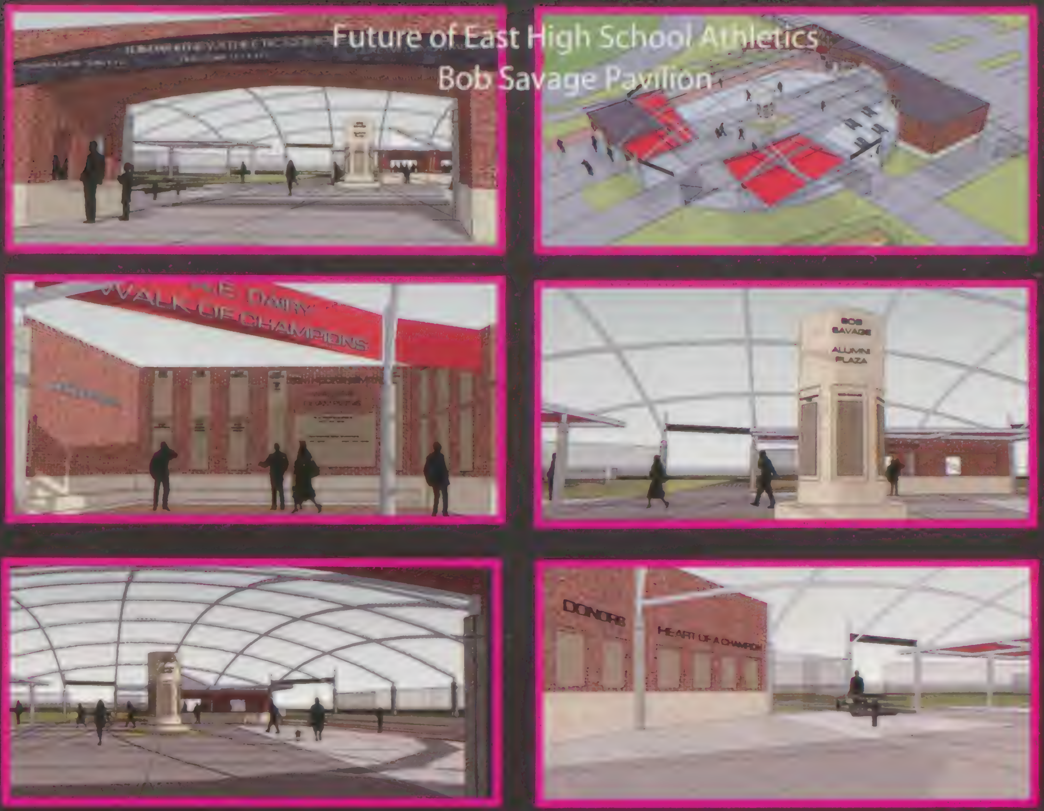
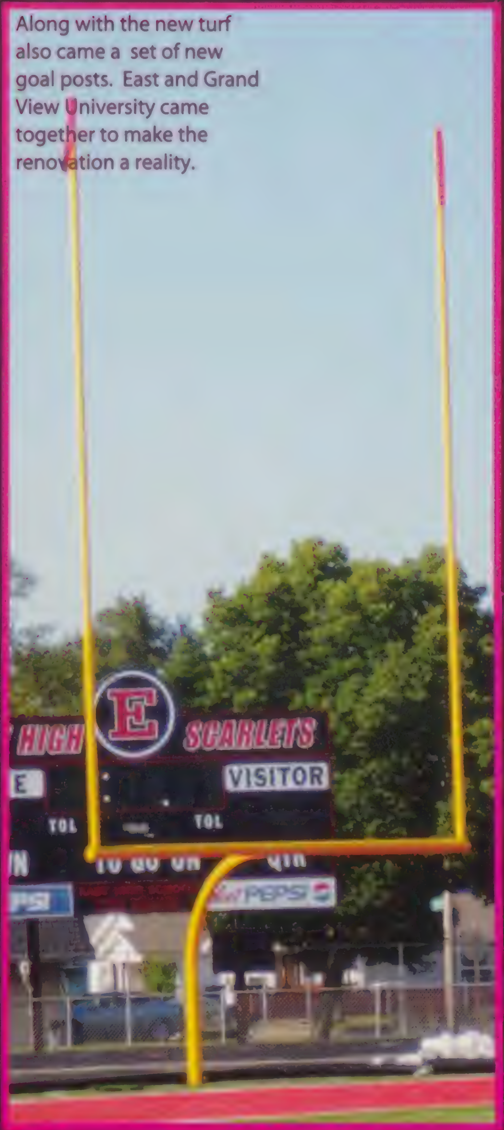
DOWN
TO GO ON
QTR
PEPSI
PEPSI
3

Future of East High School Athletics
Bob Savage Pavilion

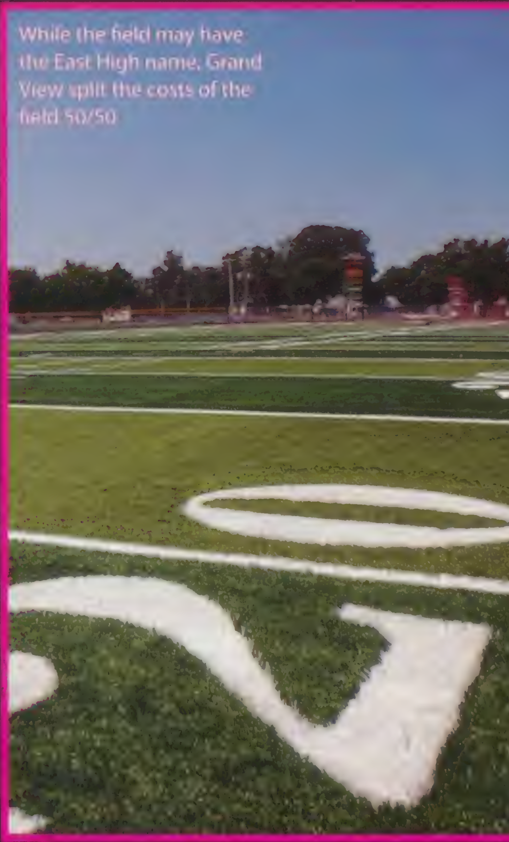

WALK OF CHAMPIONS
BOB SAVAGE
ALUMNI PLAZA
DONORS
HEART OF A CHAMPION

Workers work on the new field [illegible]. The track athletes now have a new long jump and high jump pit.

Along with the new turf also came a set of new goal posts. East and Grand View University came together to make the renovation a reality.


HIGH
E
SCARLETS
VISITOR
TOL
TOL
TO GO ON
QTR
PEPSI
PEPSI

While the field may have the East High name, Grand View split the costs of the field 50/50

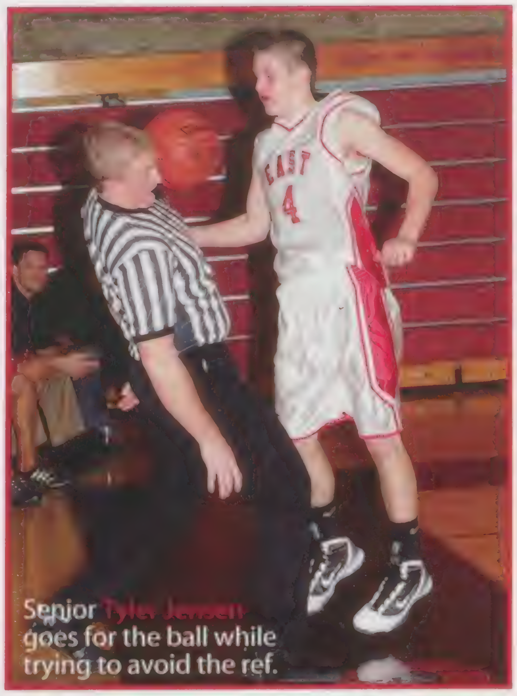


New Field

047

STORY/LAYOUT BY: Kaitlyn Carpenter

Sophomore Brandon Long goes for the free throw after getting fouled.



Senior Tyler Jensen goes for the ball while trying to avoid the ref.

Lowell Long walks in to practice to give the boys a hard time. Long coaches the freshman boys.

The boys huddle before a game against North. This is a tradition they do before every game.

SWAGGER

"They have spirit, yes they do!! They have spirit, how 'bout you?" The varsity boys' basketball team ended the season with a 2-19 record. Even though the season didn't turn out the way they wanted, they kept their Scarlet spirit alive.

"The team knew all we had to do was put our mind to it and try harder. There was no other choice, none of us would ever back down," said junior power forward DaShawn Cason.

The beginning of the year set the whole season off balance for the boys. They had a few players with minor injuries; Center Gavin Althaus hurt his knee in the beginning of the year and shooting guard Cameron Shivers messed up an ankle at the end of the season. Not only did the injuries start the year off wrong, but they also had many boys who were not allowed to play due to academic problems.

"I think the injuries affected the players individually, but it never really hurt the team because we had many good players. Bad grades were just something we had to overcome," said junior point guard Tyler Thompson.

The two wins were against North, 58-49 and Valley, 57-47. This gave the boys even more determination for the year, especially knowing they beat two teams they normally lose to. It was a good way to show the boys that all they have to do is keep working hard.

"We were pretty pumped about winning against Valley. No one ever wins against Valley," said sophomore Brandon Long.

The team was a great example of Scarlet Pride; they never stopped training. This year made a lot of boys determined to make next year better.

"The coaches and I had no doubt the boys could have done better, but things happen. Now they will have to work that much harder to make next year better," said Asst. Coach Matt Murillo.

"Next year our record and team will be completely different. We are going to beat everyone we lost to and show everyone that not only the girls are winners," said Cason.

The team had to learn how to keep their spirit up when things started to get rough. They had to decide whether they wanted to give up or try harder, but giving up was never an option.

Name: Louie Ingoli
Position: Small Forward
Height: 6' 1"
Grade: Sophomore
Ingoli is originally from Michigan.

Cedric Danielson

Matt Grover

Dashawn Cason

Learie Jones vs Matt Grover

EAST
52
OTTU
3

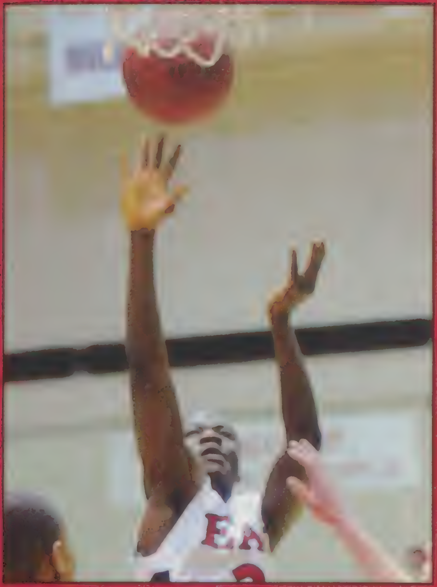
Freshman Ronnie Thomas goes up for a rebound against Ottumwa.

Freshman [illegible] goes in for the kill

Sophomore Travis Cavan cheering for his team.

Defending the hoop

Sophomore [illegible] working hard to make his shot.



PERSISTANCE

The freshman and sophomore boys' basketball teams had good wins and tough losses throughout their season.

A couple of high points included the sophomores win vs. Ottumwa and the freshman team had the best boys' record this season.

"All the players have improved individually and as a team, and they never gave up. They worked hard from the opening tip to the end of the game," said freshman coach Lowell Long.

The sophomores had their first win against Ottumwa.

"The Ottumwa game was my favorite. I played my best and we all made good decisions during the game," said sophomore Zakk Dunn.

According to the coaches, the boys tried their hardest all season long, no matter what the scores were.

"We really grew as a team. By the end of the season we were playing so much better than the beginning and that's all you can ask for," said sophomore coach Ken Morton.

"We never really got blown out of the gym; we just needed to get over the hump and finish the deal," said sophomore Riley Bacon.

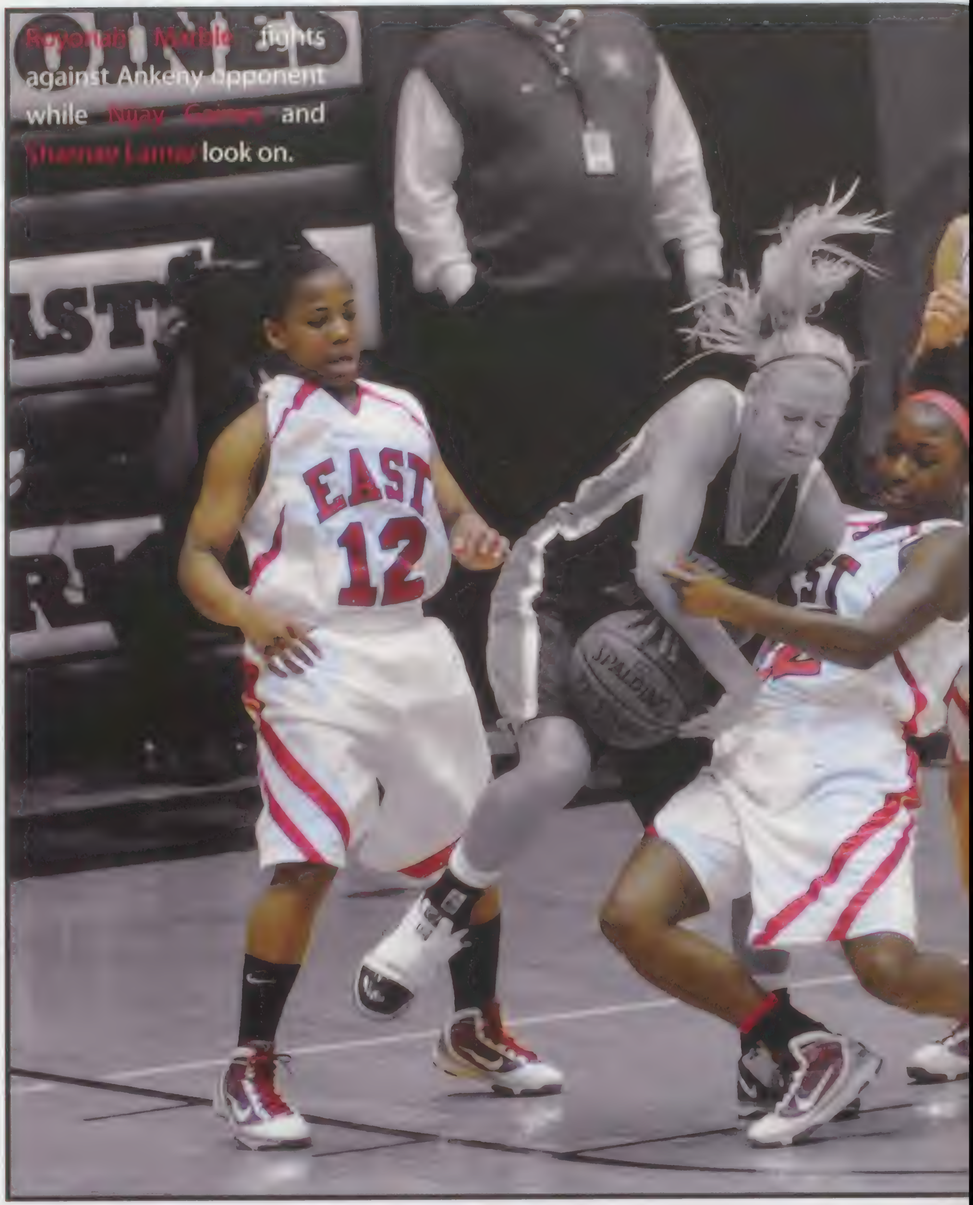
Even if the boys' season didn't go the way they wanted it to, at least they can say they never gave up.

"We just lacked basketball smarts, which will come with experience, though. Come our junior and senior years, I know things will be different," said freshman Xavier James.

Coach Lowell Long gets the team together to finalize their game plan.

STORY/LAYOUT BY: Ashley Simpson

"The famous shirts"



Royonah Marble fights against Ankeny opponent while Nyay Gaines and Sharnay Lamar look on.

Larson blocks two Valley girls from getting the ball. The final score of the game was 56-33.

The Lady Scarlets are all smiles after a win in the regionals game against Iowa City High. The ending score was 45-36 and they advanced on to play against Ames in the state game.

COMMITMENT

A lot of teams can't say they have made it to state, however, EHS varsity girls' basketball got all the way to the championship and during the season broke a school record with 25-1.

Their season started off with a win against the Mason City Mohawks. The score was 52-32. In the weeks following they had many consecutive wins.

"We really improved this year which helped us with all the winning. Most of the improvement has came from the small things," said senior Jocelyn Brown.

One of the biggest wins for the Lady Scarlet's was against Ankeny. Ankeny was in 2nd place before the game. The ending score for the game was 42-32 which ended with another win and 2nd place for East. There was a lot of pressure going into this game and ended with a win was a huge accomplishment for them.

"It really showed us how all our hard work paid off when we beat Ankeny," said sophomore Jessie Vance.

The win against Waukee was a big win for the Scarlet's also because of the loss they had against them the year before. The ending score was a close one of 54-53.

"The two main goals for the season were to stay undefeated and go to state," said Brown.

This year three sophomores had the chance to be on the varsity team, Jessie Vance, Allison Fitzgerald and Haley Larson. All three girls also play on the JV team. Jade Kreutz and Brown are the two seniors on the team who will greatly be missed next season.

"It's sad for us seniors knowing this is our last year playing, but to have a season like we had has been an awesome ending to our senior year," said Kreutz.

The team is involved with many activities through out the year. They went to a Drake basketball game. They also had an overnighter to get to know everyone on the team during October. One of their fundraisers was a chili dinner.

"We always have a Christmas gift exchange and hang out a lot because were all friends", said Brown.

The coach of the team is Sam Powell. He has been coaching the girls for 8 years. He has many hopes for the team and is very proud of how the season went.

"The season has been a great season. The girls accomplished something great by going 23-0 for the regular season and going to state," said Assistant Coach Jamel Crawford.

When the season ended the Lady Scarlet's were ecstatic over being the conference champs. They also went to state and made it to the championship against Linn-Mar. It really showed them how much hard work pays off and that they could do anything if they put there hearts in it.

STORY/LAYOUT BY: Emalie Cipole

ANKENY
41
ANKENY
31

To Right: JV and 9th grade teams huddle up at the end of the season scrimmage. The JV team won the close game by 4. **Far Right**: Freshman Albrea Winfrey goes up for the put-back against Ottumwa.

SENIOR SPOTLIGHT

Position: Forward
Dribbles/Shoots: Right hand
Plans After High School:
Go to college somewhere in
Florida
Fun Fact: Eats cereal every
single day

Jocelyn Brown

EXECUTION

Left: JV players watch as fellow teammates play a tough Ankeny team. The game was close, but JV couldn't pull it out in the end.
Below: Freshman [illegible]ndra Dowdell takes a free throw against Ottumwa.

It's easy to overlook the 9th grade and JV girls' basketball teams with the success of the varsity, but these girls made great efforts to improve this season. After all, these are the players who will replace graduating varsity players, and they have to be ready for the promotion.

The goal of the 9th grade team this season was to improve, and most players agreed that they accomplished this.

"Our season went pretty well and I honestly think that everyone got better," said freshman Artichala Wise.

The team was competitive in every game and had a lot of fun.

"The most fun and memorable game was a Saturday game against Roosevelt because we were on fire," said freshman Darby Poller.

Another memorable moment of the season was the 9th grade vs. JV scrimmage held at one of the last practices. The JV team won by 4, but the game went back and forth the whole time.

"The best thing ever was when we almost beat JV in a scrimmage. The JV acts like they're so hard, but they're not," said Wise.

As for the JV players, the near-loss to the 9th grade squad was described by some as "extremely shocking."

"I can't believe we almost lost to the freshmen in that scrimmage. Embarrassing," said sophomore JV player Jessica Grochala.

The JV team finished the season with a losing record, but closed the year on a good note with a win against Ottumwa. The girls had lost once to Ottumwa earlier in the season and were very happy with the 2nd time-around win.

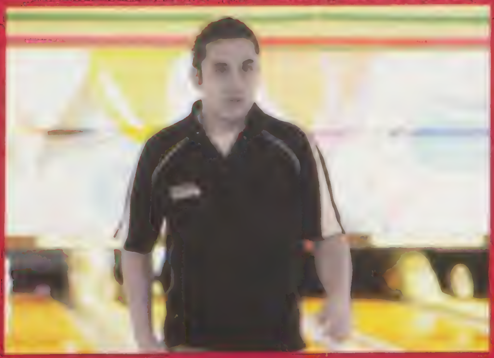
"Beating Ottumwa the second time was awesome. It was our last game, everyone got to play, and we really just had a good game. It was a good way to end the season," said sophomore Alyssa Espinoza.

Like the freshmen, the JV squad's main goal was to improve, but also prepare to play at the varsity level. Many JV players also got some varsity playing time, and a lot of the girls practiced with the varsity as well.

"Practicing with them was hard, but challenging yourself is how you get better," said sophomore TJ Taylor.

Though they lost a lot of games, the JV girls were positive.

"This was a fun year. Everyone got better and I had a good time playing with all of my friends," said sophomore Erin Stanley.



STRIKE

Bowling arrived with a new twist at East this year. It used to be considered a club for students, but is now sanctioned and considered a sport where students can now earn a letter.

"I love that bowling was sanctioned. People don't realize that we work really hard at what we do. We may not be running down a field or court, but we get enough exercise," said senior Kelsey Walker.

This year the bowlers practiced a lot more on skill drills while they were at practice. Some of the drills worked on are the spare, one step, and timing drill. The spares drill is when you aim for the seven and ten pins, also known as corner pins.

"We worked a lot more on our spares and our timing than we did last year," said K. Walker.

Just this year, assistant coach Melody Felton was voted as girls' coach of the year. Felton works in the pro shop at AMF lanes located on E. 14th. She has bowled many 300 games and is certified to coach professional bowlers.

Sophomore Crystal Walker said, "If I missed a pin, Melody would just tell me it's okay and to try harder."

While the team does their drills during practice, it's in a fun and relaxing atmosphere.

"Our coach Doug Davis keeps the team laughing," said junior Johntia Edwards.

Edwards has been bowling for East since her freshman year and intends to continue.

"I've been bowling since I was 5, why quit now? I love bowling," said Edwards.

This year both teams made it to the metro conference championship.

"The most memorable part was winning conference. All the varsity girls pulled together and came home with a win!" said K. Walker.

At metro conference the boys also bowled very well. Senior Hugo Alanis bowled a perfect 300 game.

"Bowling a 300 at metro conference was the best part of the season for me" said Alanis.

The season was very exciting for both teams this year and all were very happy for Alanis after conference.

"Everyone should congratulate Hugo Alanis on his perfect game," said senior Joarm Burg.

A lot of seniors are leaving the team this year with the pride of winning conference their final year.

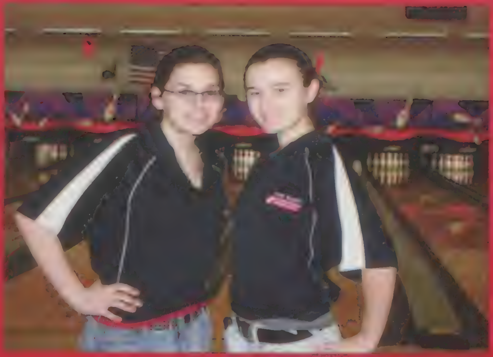
"Doug Davis has been the best coach ever and I will miss the team," said Burg.

Though both teams made it to metro conference and sub-state, the girls were more than excited by making it farther to state. This year's 2010 team was the first team to make it that far, and junior Logan Davis was the only individual from the boys'.

"I was definitely uber excited," said junior Sammy Jones. "I was even jumping up and down; we kicked butt this year."

The boys' team had a perfect record until grades were sent in. Both teams finished with the exact same record, 7-3.

"The team is just great. I'm gonna miss everyone even Doug and Melody!" said K. Walker.



The boys watch the score board closely.

Freshman **Michael Roby** practices a few throws before a big game.

STORY/LAYOUT BY: Vanessa [illegible]

PASSION

On January 4, history was made for the boys' swim team; for the first time in school history the boys had beat Mason City.

"I was ecstatic over our triumph in Mason City. It felt good to be a part of the team that made history," said sophomore Ben Bolten.

That meet was a big event, the scores were close, and swimmers' personal records were shattered on that memorable day.

"Sixty percent of our swims (that day) were personal best times and seventy five percent were season best times," said Head Coach Erin Lowe.

All the hard work and record breaking swim times were due to lots of practice and commitment from the whole team. During practice the team worked on everything. From the usual 20 lap warm up to drills, dives, starts, and turns.

"Practice is so intense," said sophomore DJ Palmer. "When I go home I feel like my arms are going to fall off.

According to Bolten, the greatest asset to the team would have to be captains. This year's captains were seniors Evan Timm and Thomas Young, and both were great supporters of the team and could spark everyone's drive at meets and at practice.

Many times the boys started chanting "Scarlet Relay" or "Go Go Go" to really get them fired up.

"I love hearing my team chant during meets; it really gets me pumped and I feel like I can swim faster," said senior Jacob Keeney.

With a record of 3 wins and 5 losses, this year's season was a great one. Yes, the practices were intense, but many thought the end result was great. The only way these records were broken was with a little blood, sweat, and tears from everyone.

PLAYER PROFILE

Name: Aubrey Roland
Grade: 10th
Events: 100 fly, 100 back
Fun Fact: Roland would like to go sky diving one day.

Senior Tyler Vry holds up a fist in his moment of glory. Vry became to 5th fastest freestyle swimmer in school history.

Coach Lowe and Ross

Thomas Young

Roland

Senior Sean Ross recieves a rose on senior night. Along with Ross there were 7 other seniors on the team.

Above: A group of swimmers huddle together before an event. The boys could get anyone fired up.
To right: Senior Jacob Keeney rests after an event. Keeney primarily swims the 200 I.M.

STORY/LAYOUT BY: Kaylee Painter

INDEPENDENCE

Nothing smells sweeter to the girls' swim team than the chlorine scent of victory. Thursday, Sept. 10 the Scarlets swam against Grinnell – a team thought to be in the same league.

"We won first place in every single event," said senior Vania Boland. "We totally destroyed them."

The '09 season was incredible for the girls. With new head coach Erin Lowe, the team swam to new heights. Even with numbers just above 20, they were able to load events, score major points, and have tremendous time drops.

"This team couldn't have been more perfect. We had strong juniors, amazing freshmen, and our seniors were real leaders," said Lowe. "When we were at Fairfield I looked over at the girls and (captain) Riley Galvin was showing them a full meet line up with Fairfield's times and they were figuring out what they had to do to win the meet."

Morning practice was something new this season. Many of the girls were swimming 6-8,000 yards a day. Although most of their free time was spent in the chlorine, they found time to bond.

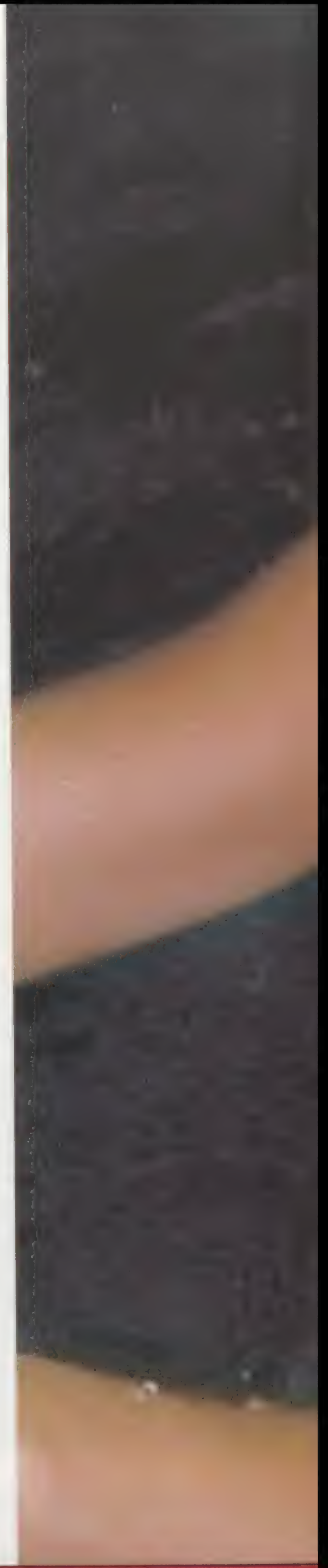
"There was one practice where we spent 45 minutes just talking about events and old swimming memories. Our goal was to distract our coaches and get out of swimming lots of yards that day, but we actually learned a lot," said freshman Abby Mendenhall.

Spirit was bursting and hope was in each of the swimmers. Junior Shannissy Catron said she learned that she could swim events that she never thought possible for her. This was true for several girls.

"I am very proud of the girls who stepped up and swam events that they didn't necessarily want to be in," said coach Eric Galvin. "It wasn't about them – everything was for the team."

In spite of so many achievements, it wasn't possible for the team to not have a few obstacles. Sickness really hit hard and many girls were out at each practice. Even with remarkable time drops, no one was fortunate to get a spot on the top 5 board or go to state. However, the dedication and drive in each of the girls qualifies them as the most deserving team.

"There was not one person on the team who didn't give 100% all the time," said Lowe. "We looked incredible and had an outstanding season. Each person knows what they want for next year and I am determined that they will earn it!"

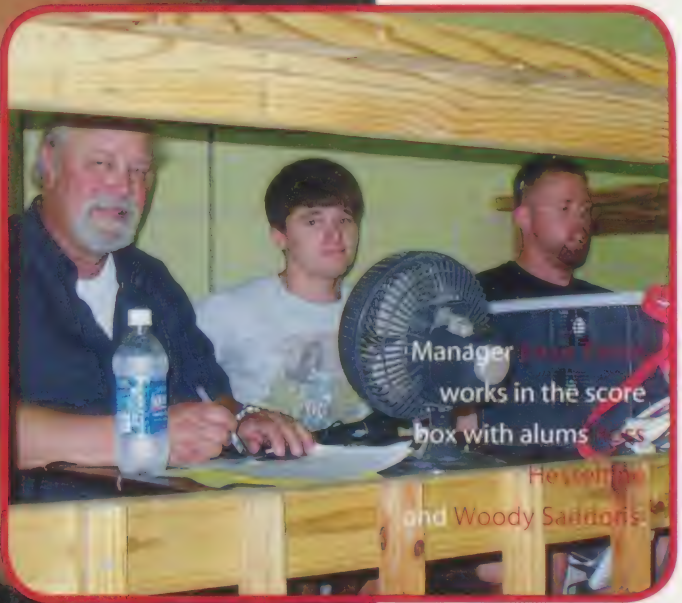


TEAM CAPTAINS

Katie Mitchell
Riley Galvin
Vania Boland
Amanda Cantwell

Sophomore Stephanie Nowels prepares for her start in the 100 yd backstroke.

Scarlet swimmers line up before a meet for announcements and the singing of the national anthem.



Manager [illegible] works in the score box with alums [illegible] [illegible] and Woody Saddoris.

Girls' Swimming

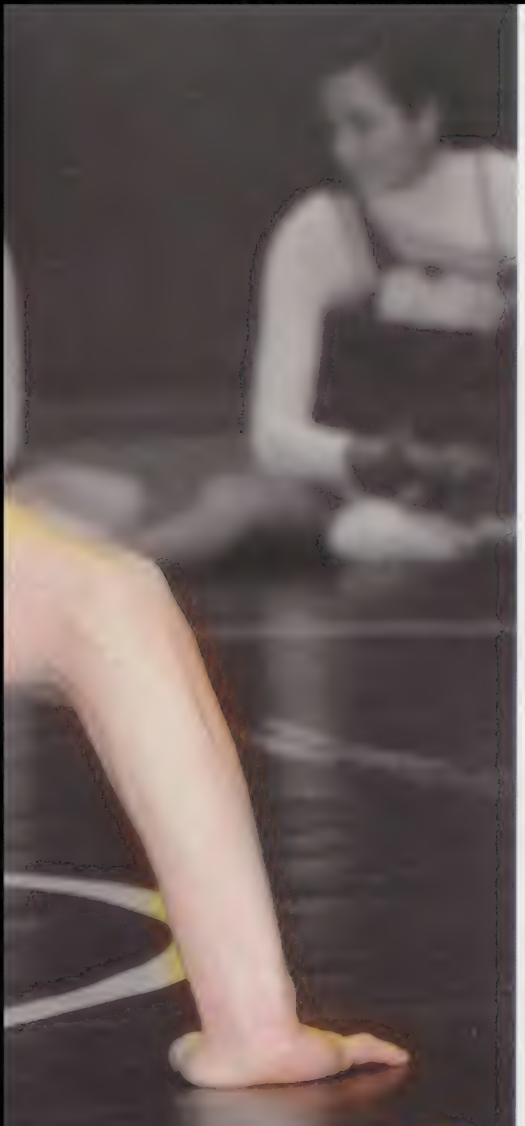
STORY/LAYOUT BY: Megan Lash

An EHS wrestler keeps his game face on during a match. East's overall record was 7-5.

Senior Kiefer Hanawalt tries pinning his opponent. Hanawalt has wrestled two years for East.

Junior Tory Zepeda dominates his opponent. Zepeda finished the season with a 22-9 record.

Senior Sean DeGoey tries to escape. DeGoey had a 29-14 season, and placed 6th in State.



Sophomore Chance Scott gets ready for a take-down. Scott was awarded his second letter this year.

ALTERCATIONS

State: a common goal for East's wrestling team. Three made it, junior Zakary Jones, and seniors Chris Avery and Sean DeGoey; others came close. The spirit stayed throughout the season, and many were proud of the boys that qualified.

The varsity wrestling team was ranked number three in the state, and also took second in their conference. Roosevelt blocked their path and beat them by three points.

Although Jones lost the first day, Avery won his match on the first day and went on to the second day of matches. On the positive end DeGoey passed through to the second day as well and beat his opponent from Fort Dodge 9-8. DeGoey placed sixth in the overall tournament.

"It felt great, and it's a good note to end on," said DeGoey.

Between cutting weight, workouts three times a day, and six a.m. runs, the East wrestlers went through the season with great determination and motivation.

"Wrestling is such an intense sport. It makes any other sport seem 1,000 times easier. You just have to stick with it," said DeGoey.

Setbacks were mainly injuries to Jones and junior Tory Zepeda. Both had battled concussions during the season. Jones also battled some shoulder injuries and Zepeda has had two concussions during the season.

"They put me out for a month. It made me mad to be away from wrestling for that long," said Zepeda.

Another big issue that plagues wrestling is cutting weight. It's a main problem for them as they have to decide what foods are good to eat on meet days and just in general to meet their weight requirement.

"In the morning I usually eat fruit and at lunch just a small portion," said Avery.

"My parents cook healthy meals and watch my food intake because they want me to make weight too," said DeGoey.

The general consensus is that cutting weight is stressful and its put the guys in bad moods. Even through the struggle they kept going and reaching for state and college.

"It sucks. When I'm cutting weight I get in a bad mood and I feel like crap sometimes," said senior Brady Burrows.

Although junior varsity doesn't have to cut weight some still do anyways to keep up. It puts them in shape and prepared for competition on the varsity level. As some will say, it gets them "toughened up" for varsity.

"I like to maintain the weight I'm at so I can keep wrestling good and I just like being at that comfortable weight," said sophomore Alex Hensley.

STORY/LAYOUT BY: Brooke Nokes Jessie Vance

SCARLET sports

VARSITY BOYS' SOCCER Front Row: Jose Portillo, Va Vang, Ben Revuelto, Jose Contreras, Ricardo Rodriguez, Cesar Hernandez, Sergio Cardenas, Andy Tran, Martin Rodriguez. Row 2: Ryan Cam, Adrian Hernandez, Guadalupe Rodriguez, Carlos Estrada, Saul Cardenas, Nathan Kovangvan, Edwardo Marquez, Jesus Zambrano. Back Row: Cristian Camacho, Patrick Mburu, Luis Saldana, Arnaldo Valadez, Coach Derek Lounsberry, Jerry Wilson, Josh Torres, Travis Edvenson, Jesus Rodriguez. Not Pictured: Jose Marquez, Hever Rodriquez, Ryan Verwers.

Season	Stats
DM Christian	2-0 W
DM North	1-0 W
ADM	1-2 L
Indianola	6-1 W
Roosevelt	0-6 L
Marshalltown	3-2 W
Ft. Dodge	3-0 W
S. E. Polk	0-2 L
Lincoln	0-1 L
Waukee	3-2 W
North	2-0 W
Lewis Central	2-1 W
Ankeny	1-3 L

Season	Stats
Hoover	0-3 L
ADM	0-0 T
Indianola	5-0 W
Roosevelt	1-1 T
Mashalltown	2-2 T
Ft. Dodge	2-1 W
SE Polk	1-2 L
Lincoln	2-1 W
Waukee	0-1 L
North	2-0 W
ADM	1-1 T

JV BOYS' SOCCER Front Row: Estuardo Orellana, Mach Chuol, Ramiro Rodriguez, Ryan Khounlo, Wah Htoo, Luis Velazquez, Ezechiel Harerimana, Minh Phan. Row 2: Jordan Duckworth, Matthew Lor, Jose Reyes, Jordan Kouangvan, Jordan Keomany, Hugo Alanis, Charles Hughes. Back Row: Jonathan Mom, Ryan Verwers, Mani Demg, Jerry Wilson, Head Coach Tim Walljasper, Edwardo Venegas, Hever Rodriguez, Gaspar Contreras.

C TEAM BOYS' SOCCER Front Row: Juan Arellano, Jovi Mom, Johnny Truong, Prince Tarlue, Ricardo San Elias, Enock Ndabigeno, SahHe Htoo, Mario Ortega, Marco Gonzales. Row 2: Kiet Le, Amondo Hernandez, Sebastian Gonzales, Juan Salas, Josh Hague, Jeff O'Brien, Tony Henry, Chukwuebuka Kemdirim. Back Row: Santiago Torres, Jose Fuentes, Hashim Hashim, John Reynolds, Coach Luis Gomez, Thomas Teav, Marcelo Ramirez, Juan Miramontes.

Season	Stats
Hoover	0-0 T
ADM	1-11 L
Roosevelt	0-4 L
Marshalltown	2-4 L
Ft. Dodge	4-0 W
SE Polk	1-2 L
Lincoln	2-1 W
Waukee	1-2 L
ADM	1-2 L

VARSITY GIRLS' SOCCER Front Row: Jessie Vance, Carolina Cruz, Jessica Ceballos, Alyssa Denning, Miranda Henderson, Stephanie Nowels. Row 2: Lesly Trejo, Cpt. Brittany Wilkinson, Annika Shulz, Chelsea Kesavadhana, Katelyn Worple, Amanda Rush. Back Row: Coach Jose Rodriquez, Rachel Hurley, Kayla Wisnousky, Cpt. Alli Stuhr, Sarah Phillips, Haley Larson, Amanda Jo Cantwell, Asst. Coach Guy Kesavadhana. Not Pictured: Carmen Silvia-Trejo.

JV GIRLS SOCCER. Front Row: Adriana Bibian, Carolina Aguilar, Yvette Ortega, Rebecca Sandoval, Jasmin Munoz. Row 2: Mariela Maria-Mendoza, Lacey Ruiz, Ruby Murillo, Dulce Anaya, Karina Canizales, Maria Ceballos. Back Row: Coach Jose Rodriquez, Sarah Phillips, Lesly Trejo, Rosa Zarate, (dropped), Madelin Marquez, Vanessa Henriquez, Asst. Coach Guy Kesavadhana. Not Pictured: Peyton Rowe, Thania Juarez, Jessica Ceballos, Maleny Guzman, Leslie Mata, Nereida Rivas, Mayra Verduzco.

BOYS TRACK. Front Row: Marcus Smith, Jeremiah Harrington, Jasper Cunningham, Tyrae Kemp, David Cordero. Row 2: Jacob Sable, Jacob Nutt, Emmanuel Egbadon, Raymond Brown, Ben Fraizer, Zach Gronewald. Back Row: Learie Jones, Luke Manley, Coach Phil Wells, Coach Phil Ferguson, Coach Mel Green Sr., Coach Dr. Michael Foggia, Quintin Hall. Not Pictured: Sam Campbell, Ahmed Sama, Leo Ukpan, Brad Davidson, Brandon Lane, Ken Ferguson, David Guinan, RJ Harris, Trevor Higgins, Jordan Owen, Arthur Randolf, Aubrey Roland, Jonathan Swanson.

GIRLS TRACK. Front Row: Victoria Gama, Jazmyne Reich, Pa Vang, Chavia Taylor, Heather Stilson, Kensie Channon, Kaci Young, Kristel Hill, Megan Say, Patience York, Alysia Millan, Royanah Marble. Row 2: Shahira Robinson, Elizabeth Godoy, Tyteana Estes, Riley Galvin, Misty Black, Tiffanie Porter, Decontee Mataldi, Shyreka Turner, Latisha Johnson, Kaitlyn Carpenter, Brittany Oliver. Back Row: Coach Ken Morton, Asst. Coach Phil Hornback, Danielle Oliver, Kierra Oborn, Ashley Jefferies, Kalynn Fields, Hailey Boman, Jocelyn Brown, Alina McDaniel, Tenea Fabray, Asst. Coach Jacob Habhab, Asst. Coach Bob Bagley.

Season	Stats
Johnston	5th
Ames	8th
Lincoln	2nd
Drake Relays	4x100 Prelim
Winterset	4th
Lee Town Relays	3rd
Ankeny	7th
Urbandale	2nd
CIML	3rd
4A Regional	T-4th
State Co-ed	15th

Season	Stats
Girls	
Valley	6th
Waukee	7th
East	4th
Conference	4th
Districts	9th
Boys	
Southeast Polk	7th
Little Cylone	11th
Hoover	5th
Valley	6th
Waukee	4th
East	2nd
Conference	2nd
Districts	10th

CROSS COUNTRY. Front Row: Shyreka Turner, Alysia Millan, Meredith Layman, Houa Vang, Alexis Ahmed, David Cordero, Cesar Hernandez. Row 2: Ezechiel Haverimana, Alberto Millan, Latisha Johnson, Kaitlyn Carpenter, Hailey Boman, Salat Jones. Row 3: Grant Jones, Andrew Collogan, Ben Liston, Coach Chris Kannapel, Alina McDaniel, Cedric Danilson, Joe Dunn. Back Row: Malte Seulter, DJ Palmer, Mani Deng, Josh Torres, Learie Jones, Simon Joseph, Jacob Keeney, Ricardo Lewis.

SCARLET sports

BOYS TENNIS Front Row: Randy Weltzheimer, Preston Mila, Joe Khamany, Arnold Sengsirivanh, Ryan Beggs, Andrew Inrachavongsa, Joshua Smith, Donald Mongar. Row 2: Preston Inrachavongsa, DeAngelo McGregor, Peter Ly, Matt Webb, Salat Jones, Tony Stevens, Prem Gobin, Torey Zepeda, Brian Terrell. Back Row: Kody Ford, Evan Smith, Jeff Dale, Coach Tam Ho, Asst. Coach Trent Smith, Austin Wilson, Edison Moody, Bobby Young. Not Pictured: NaiPong Vang, Jonny Wentland, Antonio Nizzi, Travis Bass.

Season	Stats
Saydel	3-6 L
Urbandale	0-11 L
Johnston	0-11 L
Ames	0-11 L
Roosevelt	0-11 L
Ballard	0-9 L
Lincoln	3-8 L
North	8-3 W
Ottumwa	0-11 L
Marshalltown	0-4 L
Saydel	4-5 L
Hoover	2-9 L
Johnston	0-5 L

GIRLS TENNIS Front Row: Ngoc Cao, Mor Lee, Mariel Bradford. Row 2: Madison Williams, Jennifer Vong, Shelby Carr, Susan Nguyen, Nancy Nguyen, Sanna Sayavong, Coby Baccam, Jenni Young. Back Row: Miya Williams, Rosie Cam, Holly Meysenburg, Coach David Bullis, Seirra Smith, Assist. Coach Adam Puderbaugh, Katie Heggen, Sammy Jones, Kelsey Robinson. Not Pictured: Elanor Kemdivim, Ona Luong, Stephanie Yang.

BOYS GOLF Front Row: Jacob Maurer, Carlos Salas, Joe Reisterer, Anthony Salas, Trevor Higgins. Row 2: Brock Maxwell, Tim Novak, Coach Debra Waltz, Coach Maurice White, Logan Davis, Payton Pringle. Back Row: Nathan Cort, Allen Wright, Royan Johnson, Benjamin Bolten, Kase Heuermann, Jacob Formaro.

Season	Stats
Lynnville Sulley/Eddyville	2nd
Lamson Classic	15 of 15
Hawkette Classic	8 of 9
Triangular; HR/OTT	2nd
North High Inyitational	8 of 8
DM Christian	Tied
Johnston Invitational	7 of 8
Ottumwa Invitational	10 of 10
Tiangular; HR/OTT	3rd
Fort Dodge Invitational	7 of 7
Conference	2nd
Regionals	10 of 12

GIRLS GOLF Front Row: Melissa Cardines, Kelcie Reisterer, Jessica Wehrle, Jennifer Whitney, Vanessa Gobb, Cheyenna Pepel. Back Row: Mariah Morrison (Lincoln), Madison Tedrow, Coach Lowell Long, MacKenzie Cook, Danielle Peterson, Ariel Jetty. Not Pictured: Taylor Bimbi, Alejandre Martinez.

VARSITY BASEBALL. Front Row: Dustin Medearis, Levi Cardines, Mike Jones, Anthony Thompson, Ben Sigmund, Josh Cozad, Evan Holleran, Zak Laird. Row 2: Gage Rhoades, Alex Brouwer, Asst. Coach Steve Cipperley, Coach Brian Luft, Asst. Coach Scott Rourke, Tyler Jensen, Brady Burrows. Back Row: Dorian Ballentine, Sean DeGoey, Gavin Althaus, Danny Long, Antonio Nizzi, Matt Widlund.

Season	Stats
Urbandale	5-2 W, 2-10 L
Dowling Catholic	2-11 L
SEP	4-5 L, 1-3 L
Boone	15-4 W
Roosevelt	1-8 L, 5-0 W
Johnston	10-6 W, 1-12 L
Hoover	4-6 L, 7-2 W
Lincoln	7-1 W, 24-10 W
North	10-0 W, 11-1 W
Sioux City North	12-1 W
Waukee	3-6 L
Ottumwa	12-8 W, 12-6 W
Roosevelt	10-0 W, 9-1 W
Davis County	2-0 W
Albia	18-2 W
Newton	25-5 W
Hoover	8-1 W, 7-6 W
Ames	11-4 W
Lincoln	5-4 W, 6-10 L
North	15-4 W, 17-5 W
Valley	6-4 W
Ottumwa	11-0 W, 5-2 W
Ankeny	7-1 W
North	16-1 W
Johnston	3-7 L

Season	Stats
Johnston	4-3 W
SE Polk	1-18 L
Dowling	2-3 L, 6-16 L
Roosevelt	14-1 W, 6-6 T
Hoover	12-4 W
Lincoln	11-1 W, 6-0 W
Ottumwa	12-11 W, 5-6 L
Urbandale	1-11 L, 6-10 L
Roosevelt	6-5 W, 8-7 W
North	18-2 W
Hoover	12-2 W
Valley	4-14 L, 2-10 L
Lincoln	15-4 W, 19-8 W
North	12-2 W
Ottumwa	0-8 L, 4-9 L
Ankeny	6-5 W, 6-1 W

SOPHOMORE BASEBALL. Front Row: Riley Bacon, Logan Davis, Cody Johansen, Kyle Bosley, Tyler Thompson, Nick Roth, Shane Sullivan. Back Row: Kyle Thomson, Austin Bellis, Conner Kouri, Coach Martin Luft, Asst. Coach James Giboo, Zak Jones, Alex Van Gundy, Nick Grochala.

FRESHMAN BASEBALL. Front Row: Matt Pearson, Josh Rounds, Dan Dawson, Matt Brouwer, Baden Medearis, Rene Senecaut, Tanner Radden, Jeremy Bos. Row 2: Justin Lippold, Dillon Hernandez, Asst. Coach Tim Bolander, Coach Carl Drautz, Asst. Coach Buster Rounds, Ryan Joynes, Tobias Tyler. Back Row: Mike Roby, Tarif Wright, Zakk Dunn, Blake Cunningham, Ben Bolton, Xavier James, Oscar Alvarez.

Season	Stats
Urbandale	5-2 W, 7-10 L
Dowling	2-10 L
SE Polk	1-3 L, 4-5 L
Boone	15-4 W
Roosevelt	1-8 L, 5-0 W
Johnston	10-6 W, 1-12 L
Hoover	4-6 L, 7-2 W
Lincoln	7-1, 24-10
Jefferson	4-10 L
North	11-1 W, 10-0 W
SC North	13-1 W
Waukee	3-6 L
Ottumwa	12-6 W, 12-8 W
Roosevelt	10-0 W, 9-1 W
Davis County	2,0 W
Albia	18-2 W
Newton	25-5 W
Hoover	7-6 W, 8-1 W
Ames	11-4 W
Lincoln	5-4 W, 6-16 L
North	15-4 W, 11-5 W
Valley	6-4 W
Ottumwa	11-0 W, 5-2 W
Ankeny	7-1 W

CHEERLEADING. Front Row: Josie Banks, Chloe Baker, Breanna Young, Brenda Baccam, Kenzi Mongar, Diana Inthaboune, Gaby Palacios, Cassandra Lemthi, Kara Cipperley, Jasmine Chak, Meredith Layman. Row 2: Casi Siders, Alicia Jones, Kierra Taylor, Paige Gee, Kacie Mongar, Madison Kasper, Chlesy Mongar, Desiree Kerber, Brooke Nokes, Miranda Mason. Row 3: Alexandra Davis, Skylar Funderburk, Katie Hines, Nadia Tyler, Carly Wiezorek, Head Coach Lindsey Tomlinson, Kaite Nutt, Kelsey Gile, Deja Greene, Nikki Patrick, Alexandria Smith. Back Row: Stephenie Gabriel, Kaitlin Cortez, Kate Hurley, Vania Boland, Dominique Stone, Lorrie Kingen, Peyton Rowe, Bria Johnson, Ashley Dehaan, Lauren Holmes. Not Pictured: Kathleen Heggen.

SCARLET sports

SCARLET sports

VARSITY SOFTBALL Front Row: Heather Prettyman, Sarah Sinopoli, Kim Robinson, Ashley Prettyman, Amy Parker, Jessica Grochala. Row 2: Allison Fitzgerald, TJ Taylor, Courtney Custard, LJ Putzier, Cari Smith, Meredith Henricksen, Caitlyn Carmichael. Row 3: Asst. Coach Thana Heller, Statistician Tyler Collins, Coach Bob Ligouri, Asst. Coach Jerry Collins, Asst. Coach Matt Murillo, Asst. Coach Amanda Zust. Back Row: Taylor Millard, Taylor Allgeier, Missy Ulmer, Riley Fisher, Janie Smith, Kaitlyn Carpenter, Stacie Brown.

Season	Stats
Urbandale	3-0 W, 7-0 W
Johnston	0-2L
SE Polk	1-3L
Pleasant Valley	7-3 W
SC North	8-0 W
Roosevelt	12-0 W, 9-0 W
Hoover	5-1 W, 9-0 W
Boone	3-0 W
Maquoketa	4-3 W
Lincoln	1-2L, 9-2 W
North	12-0 W, 12-0 W
IC Regina	4-5L
City High IC	9-1 W
Ottumwa	4-5L, 3-1 W
Roosevelt	6-0 W, 7-1 W
DC Grimes	9-1 W
Maple Valley	8-0 W
ADM	6-2 W
CR Kennedy	5-3 W
Hoover	9-0 W, 8-0 W
Ankeny	8-0 W, 1-5L
Lincoln	8-0 W, 3-2 W
North	14-0 W, 10-0 W
Valley	0-10L
Ottumwa	5-0 W, 9-1 W
IC West	8-4 W
Johnston	2-3L

Season	Stats
Urbandale	5-0 W
Johnston	11-2 W, 7-0 W
SE Polk	3-3 T
Pleasant Valley	5-1 W
Roosevelt	10-0 W
Hoover	13-0 W
Lincoln	14-1 W
North	12-0 W
CR Jefferson	7-0 W
Clear Creek	6-4 W
Amana	5-4 W, 6-1 W
Ottumwa	7-0 W
Roosevelt	9-0 W
Johnston	8-0 W
Woodward	2-1 W
Granger	10-0 W
Winterset	6-3W
Norwalk	10-0 W
Dowling	8-2 W
Hoover	3-0 W
Ankeny	18-0 W
Lincoln	1-5 L
North	
Valley	

JV SOFTBALL Front Row: Heather Prettyman, Savanna Fuller, Rachel Carstens, Jamie Reynolds, Amy Parker, Megan Belcher. Row 2: TJ Taylor, Courtney Custard, Jessie Fessler, LJ Putzier, April Brown. Back Row: Coach Thana Heller, Allison Fitzgerald, Taylor Millard, Stacie Brown, Meredith Henricksen, Asst. Coach Amanda Zust.

FRESHMAN SOFTBALL Front Row: Alyssa Espinoza, Melissa Cardines, Bailey Anderson, Taylor Anderson, Jamie Reynolds, Rachel Carstens, Paige Blair. Row 2: April Brown, Jessie Fessler, MacKenzie Whittington, Megan Belcher, Savanna Fuller, Shawnice Collier. Back Row: Shelby Slater, Erin Stanley, Asst. Coach Brett Collins, Coach Lowell Long, Asst. Coach Samantha Waters, Mackenzie Smith, Sharayah Devick. Not Pictured: TJ Taylor, Kaliegh Nichols.

Season	Stats
Johnston	5-6L, 4-6L
SE Polk	3-2W, 3-3T
Roosevelt	15-2W
Ballard	6-2W, 4-0W
Lincoln	4-5L, 3-2W
Urbandale	2-7L
Valley	2-1W, 0-3L
Ottumwa	1-7L, 1-10L
Ankeny	2-10L, 6-3W
Lincoln	3-7L, 1-2L
Ballard	5-0W, 7-8L
Valley	1-0W, 2-8L
Ottumwa	2-3L, 1-5L

VARSITY FOOTBALL Front Row: Kiefer Hanawalt, Alexander Syhavong, Demarco Loung, Benjamin Sigmund, Dashean Lund, Cody Tiano, Kyle Bosley, Tyrae Kemp, Va Vang (quit)., Row 2: Scott Loftus, Will Brazzle, Jacob Reed, Ahmed Sama, Kris Chestnut, John Auch, Jordan Kouangvan, DeMarco Lowery, Marvene Ackiss. Row 3: Mgr Allen Williams, Asst. Coach Phil Horaback, Asst. Coach Geoff Farrell, Asst. Coach Carlos James, Assr. Coach Carl Drautz, Asst. Coach Bob Roberts, Asst. Coach Adam Jack, Kevin Peterson. Row 4: (quit), Xavier James, Dusin Medearis, Dre'Sean Barber, Donta Harris, Errol Sutton, John Reynolds, Emmanuel Egbadon, Kodey Campbell. Row 5: Conner Kouri, James Mangra, David Blacksmith, Dylon Brewer, Sean DeGoey, Brady Burrows, Cole West, Terez Taylor. Row 6: Jerry Wilson, Deon Hayes, Dustin Rowe, James Illingworth, Deshawn Cason, Blake Wilkerson, Tyler Jensen, Dorian Ballentine, Michael Johnson. Row 7: Caleb Burnwell, Kyle Mechem, Derek McCulley, Tyler Seher, Quintin Hall, Nicholas Grochala, James Deaton, Deivid Guinan. Back Row: Matthew Grover, Jesse Cortez, Connor (Quit), Casey Overson, Louie Ingoli. Not Pictured: Jacob Bellman.

Season	Stats
Dowling	44-7 L
Ames	18-7 W
SE Polk	26-19 L
SC West	34-11 W
Lincoln	14-9 L
Hoover	52-7 W
Roosevelt	36-10 W
Ottumwa	45-21 W
North	48-6 W
Lincoln (sub state)	14-7 W
Dowling (state)	41-0 L

Season	Stats
Marshalltown	0-45L
Ames	0-42L
SE Polk	7-31L
Valley	20-51L
Lincoln	20-6W
Hoover	30-0W
Roosevelt	0-21L
Ottumwa	22-24L
North	14-26L

SOPHOMORE FOOTBALL Front Row: Aubrey Roland, Brennan Lawrence, Landon Randolph, Philip Bui, Alex Gross, Aaron Coyle, Donte Brown, Ahmed Sama. Row 2: Neftali Montesinos, Josh Hague, Tyler Seward, Alex Hensley, Chae King, Shane Sullivan. Row 3: Yelstin Rodriquez, Josh Brawdy, Coach Dave Summy, Coach Derek Summy, Coach Darryl Roland, Coach Neil Donohoe, Jordan Niffenegger, Austin Dueling. Row 4: Cole Myers, Cody Brown, Nathan Young, Xavier James, Nick Williamson, Tariff Wright, Jordan Bates, Pierre Talton, Wesley Kreutz. Back Row: Justin Nichols, Blake Cunningham, Kyle Thomson, Brandon Long, Kevin Owen, Stephen Brown, Drew Hurley. Not Pictured: Zak Dunn, Austin Bellis, Cody Crane. Justin Leaung, Grant Simpson.

FRESHMAN FOOTBALL Front Row: Jeff Shmidt, Danny Dawson, Matt Schmitt, Joel Head, Jewel Head, Tyree Temple, Stephon Morgan, Cameron Sleuthouber, James Shorter. Row 2: Baden Medearis, Tre Wiles, Abu Sama, Kyler Krogman, DJ Brommel, De Rico Lowery, Oron Manson, Brandon Smith. Row 3: Jacob Schmidt, Mike Renteria Jr., Mason Sury, Coach Tim Walljasper, Coach Ken Burgess, Coach Mike Southmayd, Tyrell Smith, Brian Franks Jr., Garrett Lear. Row 4: Jeremy Bos, Kevin Brown, Andrew Martin, Aaron Waters, Bryce Thomas, Shawn Jarrett II, Tobias Tyler,

Season	Stats
Marshalltown	0-64L
Ames	8-54L
SE Polk	0-47L
Valley	6-42L
Lincoln	6-52L
Hoover	14-12W
Roosevelt	14-7W
Ottumwa	6-47L
North	26-22W

SCARLET sports

SCARLET sports

VARSITY VOLLEYBALL Front Row: Kate Hurley, Misty Black, Anna Flickinger, Kaci Young, Kayla Wisnousky, Rene Reynolds, Sam Johnson. Back Row: Tasha Schoborg, Nya Deng, Friday Chuol, Asst. Coach Alison Markun, Coach Terrie Fenstermann, Jade Kreutz, Rachel Hurley, Kenzie Cook.

Season	Stats
Marshalltown	20-25, 14-25, 15-25 L
Ames	13-21, 10-21 L
Boone	16-21, 21-9, 11-15 L
Newton	24-22, 9-21, 17-15 W
Nevada	17-25, 25-22, 15-11 W
Mason City	25-15, 20-25, 25-21, 25-22 W
Urbandale	10-21, 14-21 L
C.R. Jefferson	23-21, 9-21 L
Hoover	21-13, 21-12 W
C.R. Jefferson	14-21, 21-11, 10-17 W
Lincoln	21-15, 21-15 W
Indianola	21-13, 20-22, 12-15 L
Roosevelt	16-25, 19-25, 7-25 L
Hoover	21-10, 21-12 W
North	21-11, 24-22 W
Saydel	21-8, 21-19 W
Grundy Center	9-21, 10-21 L
N.U. High	12-21, 18-21 L
CR Washington	12-21, 7-21 L
Waukee	11-21, 21-17, 7-15 L
Hoover	25-22, 25-18, 25-13 W
D.C.G.	12-21, 21-16, 10-15 L
Valley	12-21, 11-21 L
Western Christian	13-21, 11-21 L
Indianola	24-26, 15-25 L
Lincoln	23-25, 25-17, 25-10, 25-21 W
North	25-12, 25-12, 25-8 W
Johnston	9-25, 15-25 L
Waukee	12-25, 10-25 L
Boone	25-21, 25-10 W
SEP	14-25, 13-25 L
Ottumwa	20-25, 2-25, 20-25 L
SEP	20-25, 23-25, 25-23, 20-25 L

Season	Stats
Mason City	3-25 L, 9-25 L
Indianola	12-25 L, 17-25 L
Roosevelt	9-25 L, 15-25 L
Hoover	25-17 W, 26-24 W
Lincoln	25-21 W, 25-17 W
North	25-10 W, 25-17 W
Ottumwa	14-25 L, 18-25 L

JV VOLLEYBALL Front Row: Erika Raygoza, Taylor Bimbi, Heather Prettyman, Jerzie Murray, Ami Turay, Julia Sigmund. Row 2: Janet Reaza, Tera Rhoades, Julia Cancino, Ashley Prettyman, Kaleigh Nichols, Holly Hardenbrook, Evelin Andrade. Row 3: TJ Taylor, Jade Sleeth, Breezie Saldana, Heather Fulford, Coach Jessica Montag, Emily Cook, Kalsa Parker, Olivia Sandoval. Back Row: Amanda Rush, Sierra Tate, Kelsey Waits, Afton Able, Brittney Oliver, Brittney Clark, Mayra Trejo.

FRESHMAN VOLLEYBALL Front Row: Miranda Daughenbaugh, Hanna Hoskins, Justice Brown, Kayla Foreman, McKenzie Hale, Brittney Auch, Christina Syhavong. Back Row: Artichaia Wise, Renee Hurley, Victoria Richardson, Coach Courtney Fisher, Eva Fabray, Cassie Douglas, Alexandria Reid.

Season	Stats
Marshalltown	7-25 L, 15-25 L
Mason City	9-25 L, 8-25 L
Indianola	25-23 W, 25-19 W
Roosevelt	12-21 L, 15-21 L
Hoover	25-17 W, 26-24 W
Lincoln	19-25 L, 20-25 L
North	25-9 W, 25-2 W
Ottumwa	10-25 L, 23-25 L
Ankeny	9-21 L, 11-21 L
Lincoln	18-21 L, 10-21 L
Waukee	8-21 L, 7-21 L
Ankeny	8-21 L, 13-21 L
Indianola	21-15 W, 18-21 L
Oskaloosa	21-8 W, 22-20 W
Norwalk	8-21 L, 12-21 L
Ankeny	10-21 L, 8-21 L
Valley	10-21 L, 11-21 L
Waukee	10-21 L, 13-21 L
Ankeny	14-21 L, 16-21 L
Hoover	21-18 W, 18-21 W, 15-13 W
Ottumwa	18-21 L, 10-21 L
Roosevelt	21-19 W, 10-21 L
Ankeny	8-21 L, 10-21 L
North	21-5 W, 21-4 W
Roosevelt	18-21 L, 17-21 L

VARSITY BOYS' BASKETBALL, Front Row: Donte Harris, Tyler Thompson, Tyler Jensen, Cedric Danilson. Row 2: Gavin Althaus, Conner Kouri, DaShawn Cason, Cameron Shivers, Louie Ingoli. Back Row: Brandon Long, Matt Grover, Asst. Coach Greg Schoon, Coach Jim Nahas, Asst. Coach Matt Murillo, Learie Jones, Craig Conkel.

Season	Stats
SE Polk	32-75 L
Ft. Dodge	47-55 L
Urbandale	39-62 L
Johnston	49-76 L
Hoover	32-64 L
Roosevelt	45-84 L
Ames	38-85 L
Hoover	28-46 L
Valley	57-47 W
Lincoln	58-64 L
Ankeny	40-58 L
North	58-49 W
Dowling	52-72 L
Ottumwa	45-54 L
Indianola	52-54 L
Mason City	58-71 L

Season	Stats
SE Polk	60-26 L
Ft. Dodge	40-33 L
Roosevelt	61-47 L
Urbandale	53-41 L
Hoover	71-26 L
Johnston	67-60 L
Waukee	68-47 L
Lincoln	49-30 L
Ottumwa	57-38 W
Roosevelt	60-36 L
Ames	80-58 L
Valley	58-34 L
Lincoln	39-38 L
Ankeny	59-35 L
North	51-44 L
Hoover	50-49 L
Dowling	65-45 L
Ottumwa	45-43 L
Indianola	41-37 L

SOPHOMORE BOYS' BASKETBALL. Front Row: Mgr. Miranda Breheny, Riley Bacon, Jovi Mom, Salat Jones, Sam Joseph, Mgr. Kayla Andrews Row 2: Arnoldo Valadez, Travis Cavan, Cole Myers, Pierre Talton Back Row: Coach Ken Morton, Brandon Long, Robert James, Zakk Dunn, Simon Joseph, Coach Chris Douglas.

FRESHMAN BOYS' BASKETBALL. Front Row: Jessy Khanthaphengxay, Joel Head, Leon Paris, Joe Riesterer, Reio Cason, Dillon Hernandez. Row 2: Edwin Jorkey, Bedipeny Wom, Gage Allison, Steve Upkan, Xavier James. Back Row: Mandel Roy, Davonte Buckner, Coach Carlos James, Coach Lowell Long, Jeff Erikson, Jacob Anderson.

Season	Stats
SE Polk	28-67 L
Waukee	30-45 L
Urbandale	29-84 L
Hoover	51-44 W
Johnston	31-63 L
Ottumwa	24-51 L
Roosevelt	35-58 L
Ames	40-49 L
North	56-33 W
Roosevelt	42-62 L
Lincoln	50-66 L
Ankeny	41-65 L
North	41-33 W
Hoover	66-64 W
Ottumwa	41-31 W
Valley	30-74 L
Dowling	25-44 L
Mason City	CANCELLED
Indianola	27-40 L

SCARLET sports

VARSITY GIRLS BASKETBALL Front Row: Chelcie Scott, Jessie Vance, Shamae Lamar, Allison Fitzgerald, Shronda Butts. Row 2: Jade Kreutz, Royonah Marble, Liz Bolten, Haley Larson, Jocelyn Brown, Nijay Gaines. Back Row: Markisha Wright, Head Coach Sam Powell, Asst. Coach Jamel Crawford, Asst. Coach Rob Soard, Mgr. Miya Williams, Friday Chuol.

Season	Stats
Mason City	52-32 W
South East Polk	61-35 W
Fort Dodge	19-13 W
Waukee	54-53 W
Roosevlet	51-25 W
Urbandale	62-39 W
Hoover	52-31 W
Johnston	38-36 W
Lincoln	62-26 W
North	58-37 W
Ottumwa	52-15 W
Roosevelt	49-29 W
Ames	38-35 W
Hoover	36-29 W
Valley	56-33 W
Lincoln	64-34 W
Ankeny	42-32 W
North	58-37 W
Dowling	39-35 W
Ottumwa	49-17 W
Indianola (Regionals)	44-31 W
Iowa City (Regionals)	45-36 W
Ames(State)	49-37 W
Waukee(State)	50-49 W
Linn Mar(State)	38-35 L

JV GIRLS BASKETBALL Front Row: TJ Taylor, Alyssa Espinoza, Darby Poller, Kensie Channon, Chavia Taylor. Row 2: Erin Stanley, Allie Fitzgerald, Jessie Vance, Mitae Clayborne. Back Row: Haley Larson, Jessica Grochala, Coach Rob Soard, Jocelyn Brown, Liz Bolten.

SCARLETS
23
25
28
14
2
3
12
13
21
15

FRESHMAN GIRLS BASKETBALL Front Row: Taylor Weesner, Albre'a Winfrey, Ashley Wallingford-Foster. Row 2: Hailey Scanlon, Sonya Glass, Teddy Reed, Aerial Boman. Back Row: Kaitlyn Stalkup, Sarah Beener, Coach Thana Heller, Artichala Wise, Renee Hurley. Not Pictured: Darby Poller, Briandra Dowdell.

Season	Stats
Logan Davis	208
Jacob Cunningham	198
Mike Roby	187
Joram Burg	179
Jeff O'Brien	178
Hugo Alanis	174
Luis Velazquez	170
Bryan Kern	168
John Spratt	165
Tanner Moore	157
Dylan Rangel	154
Tobias Tyler	153
David Thacker	146
Kris Parsons	129
Johnny Jones	123
Welsley Kreutz	120

BOYS BOWLING Front Row: Logan Davis, Johnny Jones, Luis Velazquez, Tanner Moore. Row 2: Joarm Burg, Michael Roby, Hugo Alanis-Vega, Tobias Tyler, Jacob Cunningham. Back Row: Coach Melody Felton, Bryan Kern, John Spratt, Dylan Rangel, Jeff O'Brien, Coach Doug Davis. Not Pictured: Wesley Kreutz, Kris Parsons, David Thacker.

GIRLS BOWLING. Front Row: Kelsey Walker, Melissa Rangel, Devan Stuve, Crystal Walker Row 2: Taylor Bimbi, Chantene Woolson, Johntia Edwards,Felicia Range, Sierra Gearhart. Back Row: Casey McCartney, Coach Melody Felton, Coach Doug Davis, Holly Meysenberg. Not Pictured: Tyteana Estes, Sammy Jones.

Season	Stats
Sierra Gearhart	186
Kelsey Walker	178
Devan Stuve	160
Jonntia Edwards	158
Charlene Woolson	157
Sammy Jones	152
Felicia Rangel	144
Helly Meysenburg	125
Taylor Bimbi	114
Melissa Rangel	114
Tyteana Estes	111
Crystal Walker	109
Casey McCartney	106

Season	Stats
Valley	50-120 L
Johnston	48-122 L
Ames	57-113 L
Mason City	49-45 W
Ottumwa	90-80 W
Hoover-North	122-47 W
Roosevelt	69-100 L
Lincoln	83-87 L
Hoover	3rd
Johnston	4th
Sep Rams Relays	3rd
CIML Metro Championship	3rd
IHSAA Distric Championshp	4th
IHSAA State Championship	25th

BOYS SWIMMING. Front Row: Coach Erin Lowe, Michael Kendall, Brandon Leach, David Ortiz, Thomas Routh, Grant Jones, Asst. Dustin Cassler. Row 2: Mitch Timm, Grant Voshell, Aubrey Roland, Evan Timm, Malte Seutter, Jeromy Bacon. Row 3: Sean Ross, Jacob Keeney, James McCourt, Kip Rogen, DJ Palmer. Row 4: Mgr. Shannissy Catron, Brock Catron, Jerry Wilson, Thomas Young, Ben Bolten, Tyler Vry. Not Pictured: Jensen Hastings, Mgr. Megan Lein.

GIRLS SWIMMING. Front Row: Josie Miller, Aubrey Stith, Danielle Piatt, Hannah Bailey, Andrea Hiatt, Mariel Bradford, Lisa Godoy. Row 2: Michelle Ortiz, Jazmyne Reich, Jama Clayton, Stephanie Nowles, Brooke Young, Cpt. Riley Galvin, Abbey Mendenhall. Back Row: Cpt. Vania Boland, Liz Bolten, Capt. Amanda Jo Cantwell, Asst. Coach Eric Galvin, Coach Erin Lowe, Katie Mitchell, Millie McKeever, Shannissy Catron. Not Pictured: Megan Lein.

Season	Stats
Marshalltown	88-105 L
Mason City	69-101 L
Grinnell	119-51 W
Perry	111-59 W
Hoover	75-95 L
Roosevelt	48-128 L
Fairfield	94-89 W
Lincoln	83-87 L
North	109-61 W
Newton	68-102 L
Rams Relays	4th
Conference	4th
Districts	6th

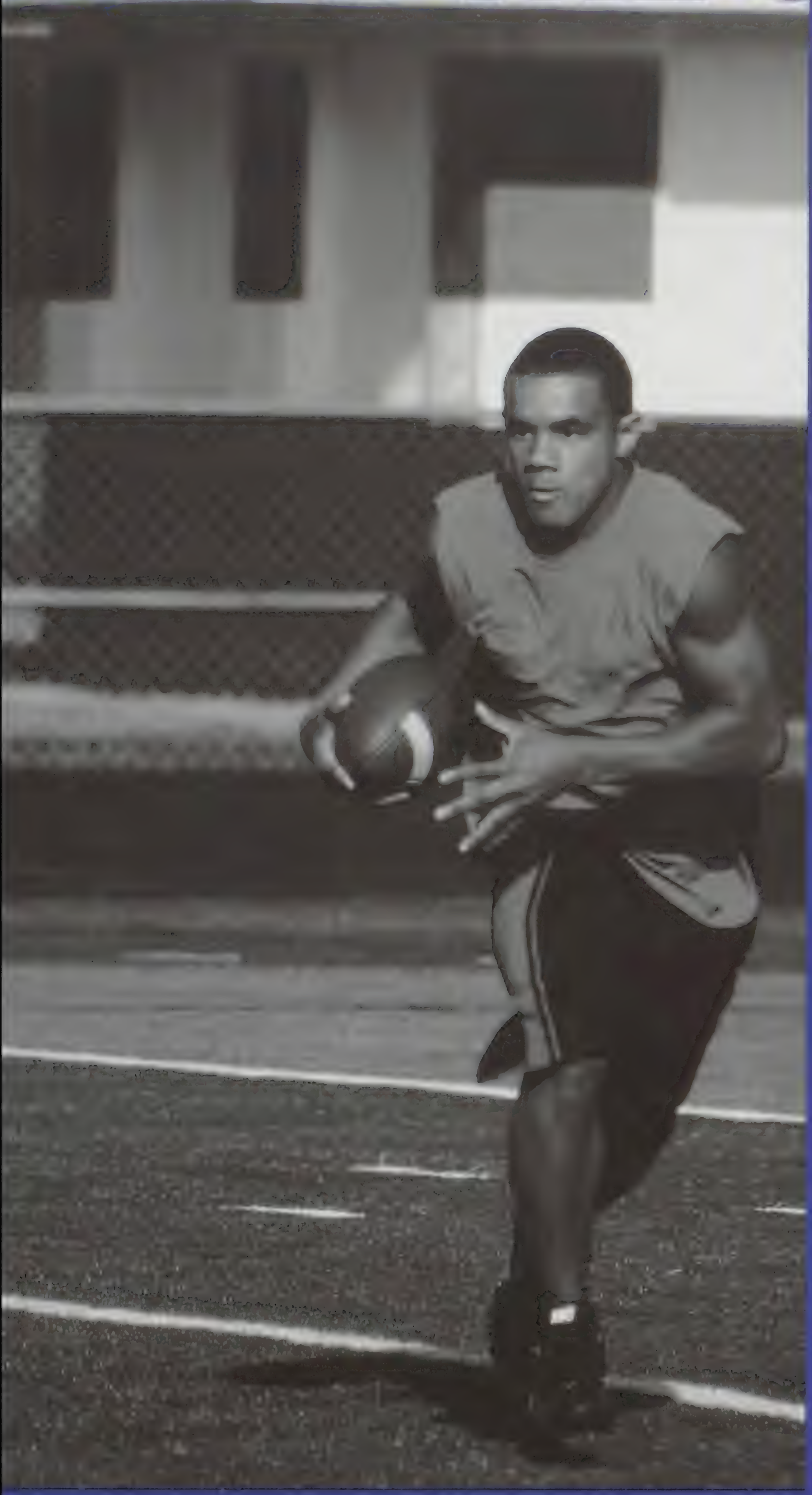
Season	Stats
South East Polk	9-63 L
DC-G Tournament	7th
Saydel Tournament	4th
Waukee	24-37 L
South East Polk Tournament	5th
Ottumwa	54-14 W
Roosevelt/Ballard/North Duals	33-34,20-54,42-34 L ,L, W
Waukee Duals vs Indianola	21-53 L
Lincoln	50-18 W
ADM Tournament	5th
Norwalk/Chariton	22-38,39,31 L , W
Roosevelt	33-37L
North/Hoover	40-33 W
Owatonna/Waukee	12-57,44-33 L, W
Webster City/Fort Dodge Duals	25-45,42-36 L, W
Conference Tournament	14th
District Tournament	6th
State Tournament	38th

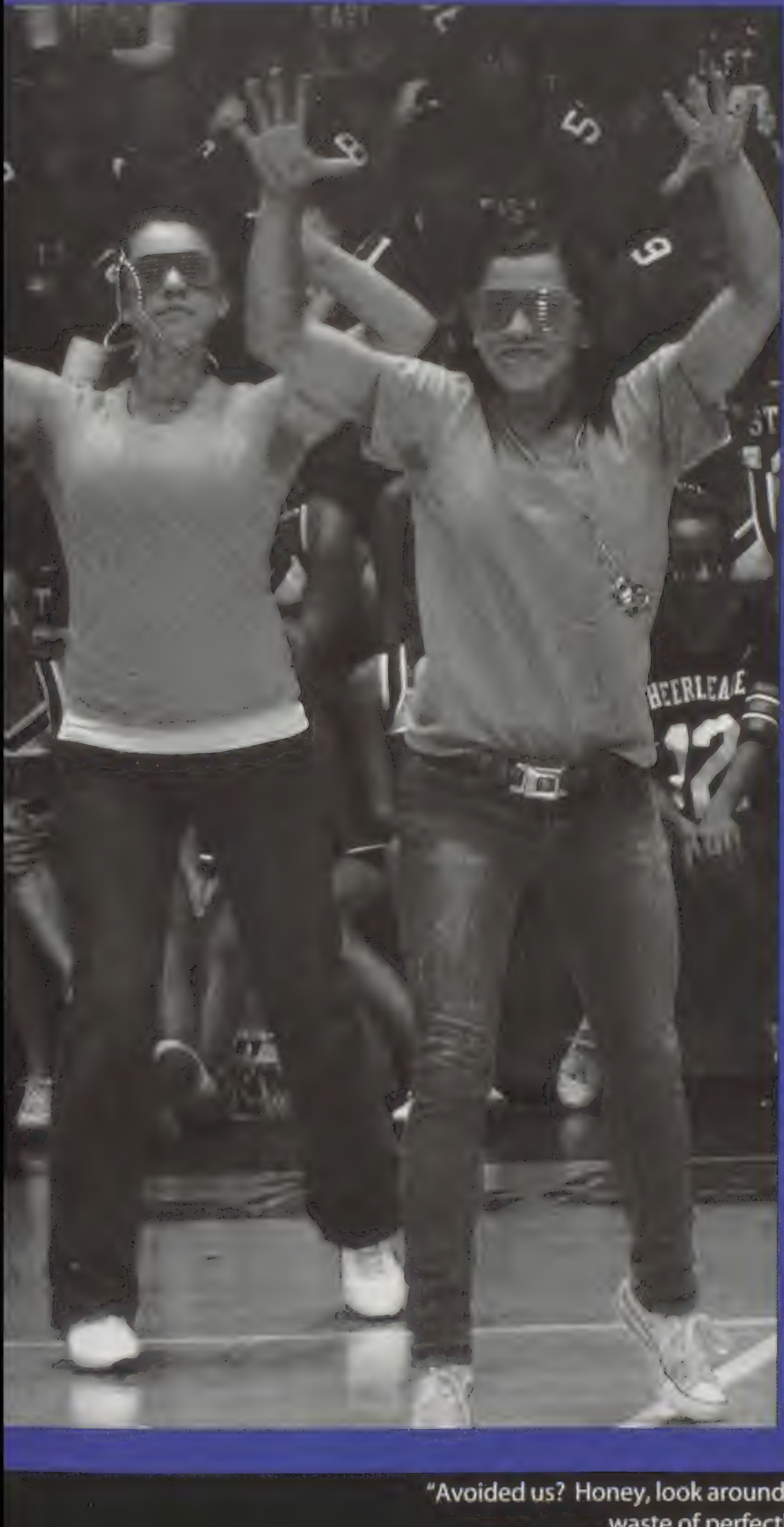
WRESTLING. Front Row: Justin Huynh, Jordan Peters, Tyree Temple, Brian Banegas, Jeremiah Harrington, Matthew Schmitt, Dashawn Lund, Chance Scott, Scott Phanphasy, Ahmed Sama. Row 2: Dezmond Brommel, Jacob Dank, Rene Senecaut, Michael Jones, Tyler Slinger, Christian Scott, Tory Zepeda, Jordan Keomany, Kiefer Hanawalt. Row 3: Mgr. Shelby Carr, Alexander Hensley, Sean DeGoey, Coach Larry Jackson, Coach Guy Kesavadhana, Coach Eric Thavonekham, Coach Scott Rourke, Christopher Avery, Scott Loftus, Mgr. Kelsy Robinson. Back Row: John Reynolds, Zachariah Kempf, Tommy Sharp, Brady Burrows, Zakary Jones, Caleb Bunnell, Chase Reynolds.

SCARLET sports

PEOPLE

MEET THE CAST





"Avoided us? Honey, look around you. To everyone here who matters, you're vapor, you're spam, a waste of perfectly good yearbook space, and nothing's ever gonna change that."
-Taylor (Jodi Lyn O'Keefe) in She's All That

SENIORS

Abel, Afton
Basketball 1-4; Prep Choir 1-4;
Show Choir 5-8; Volleyball 1-8.

Abston, Raven

Ackiss, Marvene

Alexander, Kristin
Color Guard 1-5; Concert Band 1-4;
Cross Country 3-4; Show Choir 1-8.
DMACC

Althaus, Gavin
AL; Baseball 1-8;
Basketball 1-8; Football 1-7.

Anaya, Dulce
Soccer 3-8. ISU

Andrews, Kayla

Arnett-Delk, Deryk

Atary, Cicilia

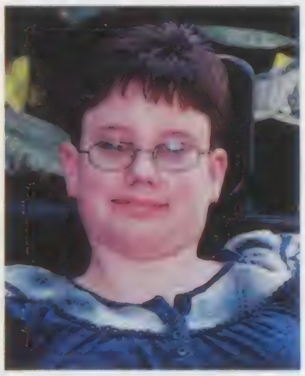
Auch, John

Avery, Christopher

Axland, Dustin

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."
-from Ferris Bueller's Day Off

2010



BALLENTINE, DORIAN

BECKMAN, BRITTANY
Softball 3-4; Track 3-4.
Grand View Univ.

BEEM, MICHAEL

BEERY, BRITTNEY

BEKISH, CEERIA
I-JAG 3-8; Sisters for Success 3-6;
Sr. Board. Drake Univ.

BELIEL, BUDDY

BELLMAN, JACOB

BENNETT, ZACHARY

BISHOP, RYAN

BLACK, EMILY

BLACK, MISTY
Sisters for Success 3-8; Sr. Board 7-8;
Track 1-8; Volleyball 1-8; Project
Sewing Machine. UNI

BLACKSMITH, HEATHER
AL; Cheerleaders 3-4; Sr. Board;
SG 7-8 (Sec.); Tennis 7-8;
Volleyball 1-2. UI

andthisyear'swinnersare...

James Deaton

Jayanna Smith

Best Butt

1. The fleshy part of the human body that you sit on.

Tony: Seymour Butts, Seymour Butts, who's Seymour Butts?

Josh: Nobody sees more butts than you Uncle Tony!

-from Heavy Weights

bestbutt

time I saw her she wa[illegible] bottom of an elevat[illegible]ft with an SUV rammed up her a--. -Live Free or Die Hard Do
hate me?!! Do you hat[illegible] -Monster's Ball Lis[illegible] need that book back. So meet us outside the Plaza Hotel in 30
utes, or... I will eat y[illegible]s. -New York Minute A[illegible]n Skywalker: Don't lecture me, Obi-Wan. I see through the lies of
Jedi. I do not fear the d[illegible]de as you do. I have brought peace, justice, freedom and security to my new Empire. Obi-Wan:
r new Empire!? Anakin: Don't make me kill you! Obi-Wan: Anakin, my allegiance is to the Republic...to democracy! Anakin:
u are not with me then you are against me! Obi-Wan: Only the Sith deal in absolutes. (Draws Saber) I will do what I must.
kin: You will try! -Star Wars Episode III: Revenge of the Sith Well, I had a dream that I would own a coin-operated Laun-
mat but I came down from that cloud real quickly! -Hairspray Last t[illegible]rusted you I ended up [illegible] son. -Do the Right
g Doing the bull dance, feeling the flow. -Happy Gilmore As far a[illegible]oncerned, that man[illegible]body is property of
U.S. army. -The Incredible Hulk Hmm...I think that's Italian for 'snea[illegible]e brown-noser with[illegible] agenda.' Ha! -The
e McGuire Movie

bestlegs

Best Legs

1. A human limb; commonly used to refer to a whole limb but technically only the part of the limb between the knee and ankle.

I do have hind legs. I'm sitting on them!

-from The Velveteen Rabbit

Evan Timm

VaniaBoland

Blanchard, Jasmine

Boland, Vania
AL; Cheerleaders 3-8; NHS 6-8; Sr. Board; Steppers 1-2; Swimming 1-8; We the People. ISU

Brazzle, Willie

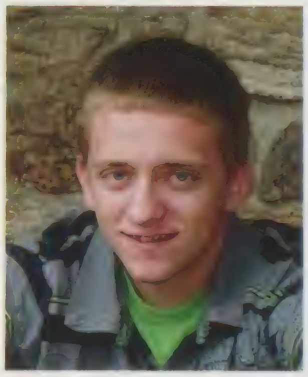
Breheny, Miranda

Brouwer, Alex

Brown, Jocelyn
Basketball 1-6; Cross Country 5-6; PEP 7-8. Sisters for Success 1-4; Sr. Board; SG 7-8; Track 1-8.

Bruno, Toni

Buchanan, Karmen
Chamber Choir 5-6; Chess Club 3-4 7-8; IHSSA 3-8; French Club 3-4; Show Choir 3-8; Sisters for Success 3-4; Theater Arts 3-4.



Buckner, Doyle
Art Club 6; Chess Club 4-6; Drama Club 3-4; I-JAG 1-8; Youth Advisory Board.

Bunhoeun, Sopheavy

Burg, Joram

Burrows, Brady
Baseball 1-8; Football 1-4, 7-8; Wrestling 3-8.

Bush, Anthony

Byers, Ariel

Cabrera, Enna
PEP 5-8 (Sec. 7-8); Sr. Board; Basketball Mgr. 3-8.

Cam, Rosemarie
PEP 5-8; School Play 5-6; Show Choir 1-8; Tennis 1-8; Theatre Arts 3-8.

Cancino, Julia
Equip. Mgr. 4 (wrestling); OA 2, 5;
Softball 2; Sr. Board; Volleyball 1-6.

Cardenas, Estefan

Cardenas, Rafael

Cardenas, Sergio

Cardines, Levi

Carlisle, Taylor
AL; Basketball 1-2; Cheerleaders 3-6;
Scroll 3-6; Soccer 1-4; Sr. Board;
SG 7-8. DMACC

Carlson, Gary
Sr. Board. DMACC

Carmichael, Caitlyn
NCYL; NHS; Orchestra 1-8;
Softball 1-8; Sr. Board; SG 7-8;
Track 1-2.

Carpenter, Kaitlyn
AL; Cross Country 7-8; Golf 8; NHS;
Quill 4-8 (Editor 7-8); Softball 1-8;
Track 2, 5-8; We The People 7.

Carr, Shelby
AL; Chamber Choir 1-2; NHS;
Show Choir 1-8; Sr. Board; SG 7-8;
Tennis 1-8; Volleyball 1-2.

Carrasco, Carmen
AL; Science Bound 1-8; Soccer 2-4;
Volleyball 1-3. ISU

Carter, Matthew

Chandler, Troy

Chase, Jonathan

Chavez, Carolina

Chestnut, Kristopher

bestsmile

Best Smile

1. A facial expression; curving of the corners of the mouth, indicating pleasure, amusement, or derision.

Gimbel's Manager: Why are you smiling like that?
Buddy: I just like to smile. Smiling is my favorite.
-from Elf

Westley Heuermann

Karen Perez

We can stay up sw ng manly stories, a n the orning, I'm making waffles! –Shrek We got robbed. All they t
was the door.- Hap in Vegas Every pa ng min is another chance to turn it all around. -Vanilla Sky They told
to pick up a litt e ca ey didn't say anyth about a little blue man. -Big Fat Liar Bella: Your impossibly fast and str
Your skin is white a e cold. Your eyes change color and sometimes you speak like, like you're from a different ti
You never or drink anyt . You don't go out in the sunlight. How old are you? Edward: Sevente Bella: How long h
you been seventeen? Edward :Awhile Bella: I know what you are. ward: Say it. Out loud. Say it. ampire. Edward:
you afraid? Bella: No. Edward: Then ask me the most basic qu What do we eat? Bella: Y 't hurt me. -Twili
It's a bird! It's a plane! It's….Angelica! -The Rugrats in Paris He s may feel free to call him Th f you like. He will a
accept Super Thing, Thing King, Kid Dynamite, Chocolate-Thun en. – Dr. Seuss's The Cat in Never start a fi
but always finish it. - Changeling You're a Mormon. C e all have a drinki rn After Read

bestathlete

Best Athlete

1. A person trained to compete in sports.

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.
-from Track and Field athlete
Jesse Owens

Jade Kreutz

Tyrae Kemp

besteyes

Dashean Lund

Chelsy Mongar

Best Eyes

1. Pretty eyes.

I'm going to rest my eyes for a moment. But go on. I am listening…

-from Galaxy Quest

ood spy has to be f ess. S Juni, I guess you ca be a sp py Kids Now you listen to me. You got the makings reatness in you, bu u go take the helm and c rt your ourse. Stick to it, no matter the squalls! And when time comes when y get t chance to really test the cut of your sails, and show what you're made of, well, I hope I'm e catching some of ligh oming off you that day. -Treasure Planet Henchman: So what are you proposing? Joker: imple. Kill the Bat n. -Th ark Knight Edward, don't lick Max. -Penelope My little brother paid a buck to see your erwear. -Sixteen Candles Everybody knows a dog's best friend is his human! -Lady and the Tramp Your aim's as bad as r cooking. -Mr. and Mrs. Smith I may be small, but I've got a big brain! -Jimmy Neutron: Boy Genius Hey it's...Flubber! bber How can you say you know me when I don't even know myself? -The Butterfly Effect By all means move at a glacial e. You know how that thrills me. -The Devil Wears Prada This is your e opportunity to do something th t no one has done before and no one will copy throughout human existence. A othing else, you'll b hen as the one who ever did this. This one thing. -Garden State All dogs go to hea ecause unlike pe ogs rally good

besthair

Best Hair

1. Someone with nice hair; takes time to do their hair every day.

Janis: Gretchen Wieners knows everybody's business, she knows everything about everyone.

Damian: That's why her hair is so big, it's full of secrets.

- from Mean Girls

Evan Holleran

Bria Johnson

Chestnut, Marissa

Cole, Kevin

Coleman, Stevon

Cozad, Andrew

Cruz, Maribel

Daggett, Amber

Davis, Aimee
Bowling 7-8; Sr. Board; Track 1-2;
UB 1-8; Volleyball 1-2.
Simpson College

Dearchs, James

Deaton, James
Football 1-8. Marine Corps

DeGoey, Sean
AL; Baseball 1-8; Football 1-8;
NCYL; Soccer 2; Sr. Board;
Wrestling 1-8.

DeLaRosa, Cody

Diaz, Jennifer

Dillinger, Dustin

Diver, Claire

Downing, Zachary

Duckworth, Jordan
Soccer 1-6; IHSSA.

Duncan, Madison
Color Guard 1-2; Journey 1-2;
Softball 1-2; Steppers 3-5.

E-Jordan, Dorothea
AL; Art Club 3-4; Color Guard 5-6;
NHS; Sr. Board; ETS; TAB 5-6.

Eddins, Tabatha

Ellison, Amiya

Elsinga, Adam
AL; Basketball 1-4; Debate 1-4;
Football 1-6. DMACC

Fitzgerald, Jessica

Flagg, Anthony

Flickinger, Zachary
AL; Golf 1-5; NHS; Wrestling 1-5.

Galvin, Riley
Swimming 1-8; Track 1-8; Boys
Swimming Mgr. 6-8. ISU

Gamble, Roman

Garcia, Juan

Garreits, Lauren

Gearhart, Sierra

Gedz, Nicholas

Gee, Paige
AL; Cheerleaders 1-8; NCYL; NHS;
Softball 1-2; Sr. Board; SG 7-8. UI

Gobin, Premnarayan
AL; NHS; Sr. Board; Tennis 3-8.

bestdressed

Best Dressed

1. Someone who is always dressed nicely.

And we were dressed from head to toe in love… the only label that never goes out of style.

-from Sex and the City

Willie Brazzle

Kierra Taylor

That thing, that m t when you kiss someone verything around you becomes hazy and the only thing in focu you and this pers d you realize that that pers e only person you're supposed to kiss for the rest of your life. for one moment his amazing gift, and yo a laugh, and you wanna cry... because you feel so lucky that found it and so scared that it'll go away all at the same e. **-Never Been Kissed** My ancestors sent a lizard to help **-Mulan** I'm here to get the girl back, sir. And there's nothing I won't do to get the girl back. **-Spartan** Y my only rea to stay ... alive. If that's what I am. **-New Moon** I spent the last 12 years of my life building rooms like th ecifically to k out people like us. **-Panic Room** And he'll always be there singing songs in my head. **-The Phantom Opera** Ch The night is a very dark time for me. Jimmy: It's dark for everyone moron! Chazz: Not for Alaskans or ight-vis goggles. **–Blades of Glory** I'm speaking clear penguin! **-Happy Feet** There's only one creature capa footp that size. The abominable snowman. **-King Kong** You think I'm gorgeous, you wanna kiss me… - y Wh am I? Is someone there? Who turned off the lights? Sor help me! **-Saw**

worstsenioriti

Worst Senioritis

1. Term used to describe the decreased motivation toward studies displayed by students who are nearing the end of school.

Senioritis: The outrageous, contagious, high school student disease.

-from High School Musical

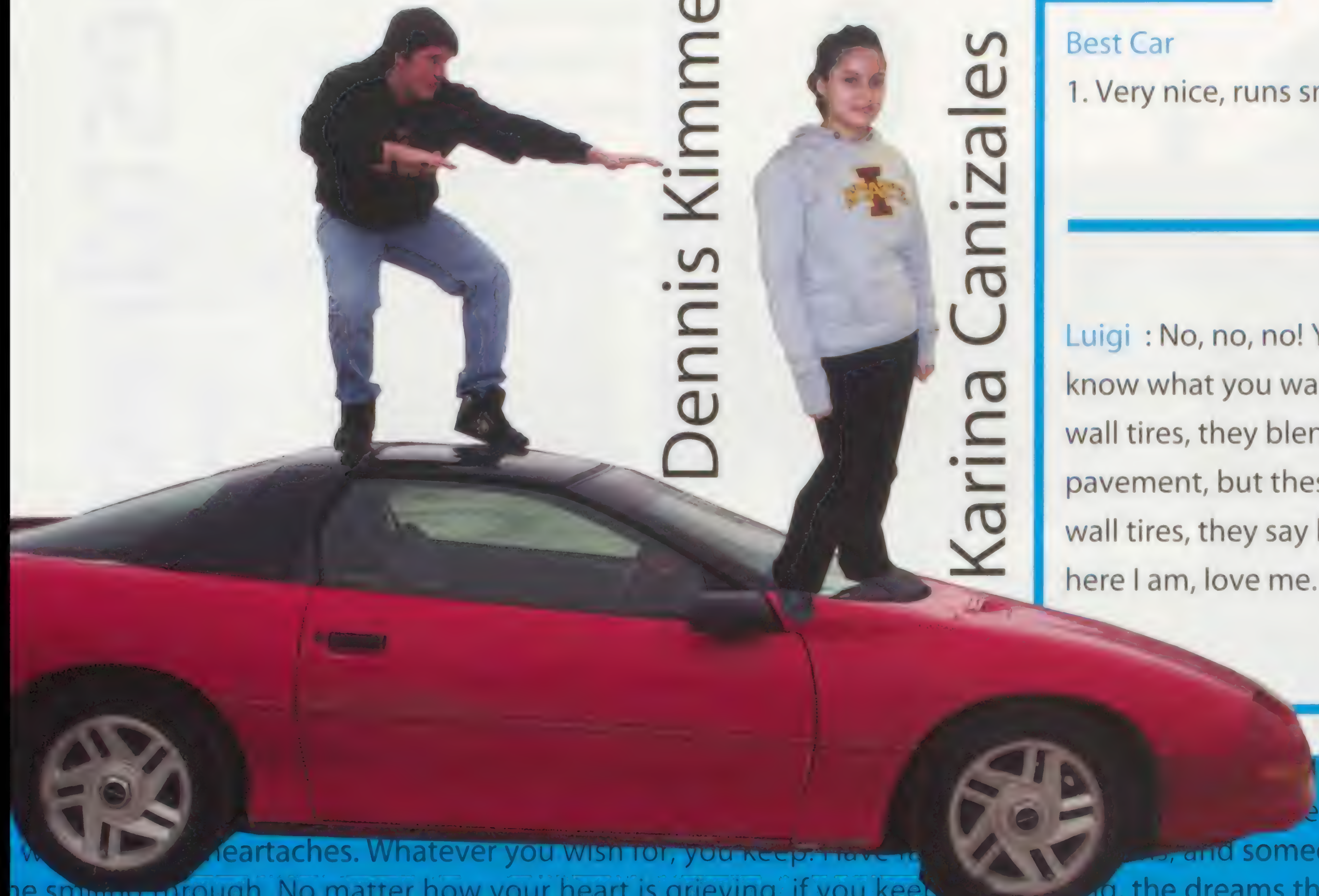
Jamie Harris

Cody Wilson

best car

Dennis Kimmel

Karina Canizales



Best Car

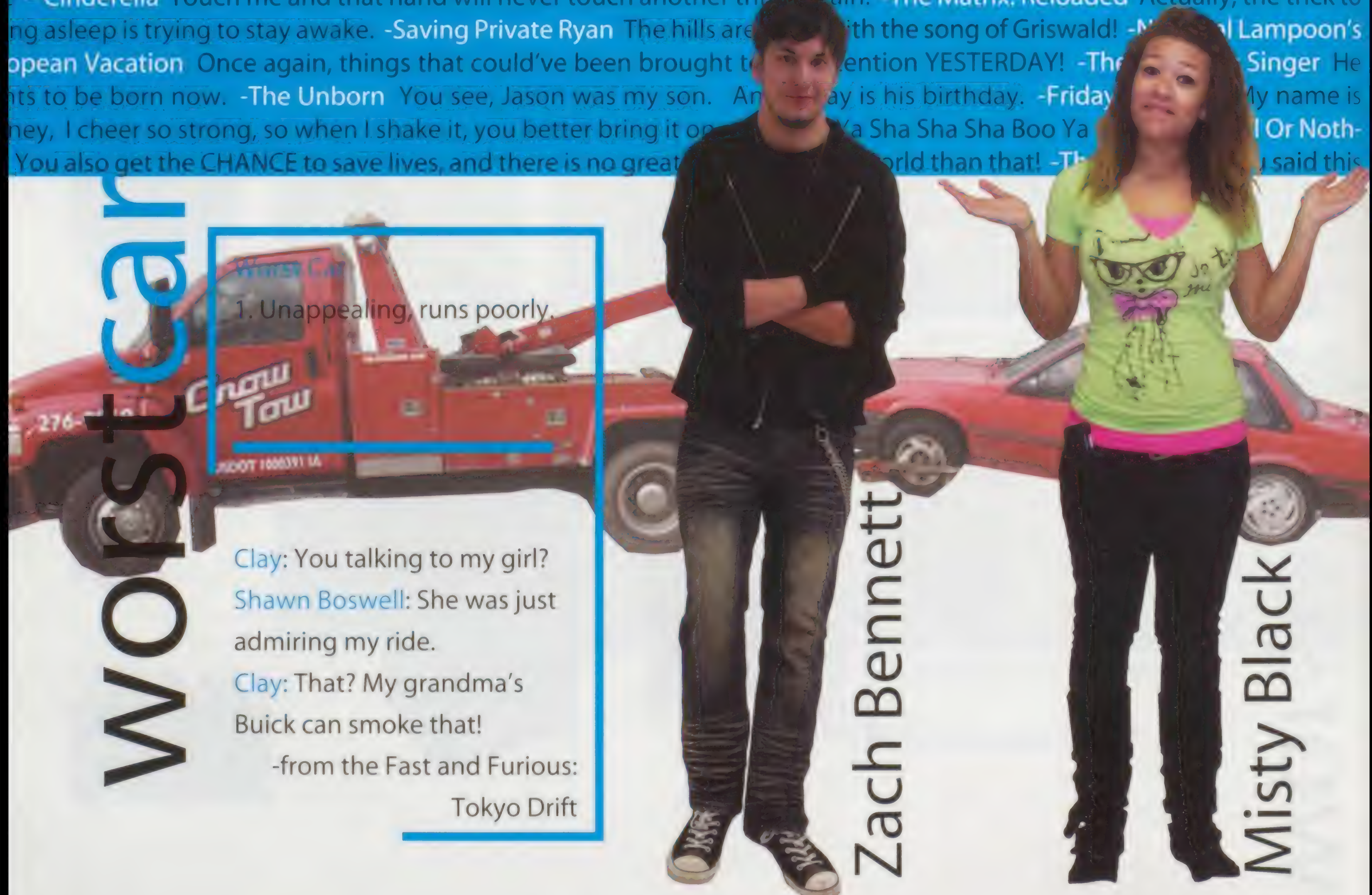
1. Very nice, runs smoothly.

Luigi : No, no, no! You don't know what you want! Black-wall tires, they blend into the pavement, but these white-wall tires, they say look at me, here I am, love me.

-from Cars

ship charm, I'm taking
e fast asleep. In dreams
eartaches. Whatever you wish for, you keep. Have and someday, your rainbow will
ne smiling through. No matter how your heart is grieving, if you keep g, the dreams that you wish will come
e - Cinderella Touch me and that hand will never touch another thi ain. -The Matrix: Reloaded Actually, the trick to
ng asleep is trying to stay awake. -Saving Private Ryan The hills are ith the song of Griswald! -N l Lampoon's
opean Vacation Once again, things that could've been brought t ention YESTERDAY! -The Singer He
nts to be born now. -The Unborn You see, Jason was my son. An ay is his birthday. -Friday My name is
ney, I cheer so strong, so when I shake it, you better bring it o a Sha Sha Sha Boo Ya l Or Noth-
You also get the CHANCE to save lives, and there is no great orld than that! -T u said this

worst car



Worst Car

1. Unappealing, runs poorly.

Clay: You talking to my girl?
Shawn Boswell: She was just admiring my ride.
Clay: That? My grandma's Buick can smoke that!

-from the Fast and Furious: Tokyo Drift

Zach Bennett

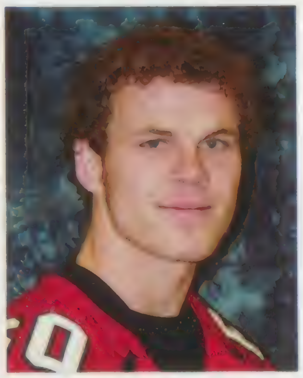
Misty Black

Goheen, Brian
Chamber Choir 5-8; Handbell Choir 5-8; IHSSA 3-4; School Play 3-4; Show Choir 1-8.

Gonzalez, Giovanni

Goodell, Brandon

Graham, Jessica



Grantham, Kylie
Art Club 7-8; Color Guard 3-8; Marching Band 3-8.

Griffin, Tyler

Grimm, Jessica

Guinan, Deividas

Gutierres, Teighlor
AL; NCYL; NHS; PEP 1-2; Softball 1-4; Sr. Board.

Hall, Dunlap
Basketball 1-4; Chess Club 5-6; Sr. Board; Track 3-4, 7-8; UB 3-8.

Hall, Quintin

Hall, Sierra

Hamilton, Nicholas
Concert Band 1-8; Jazz Band 3-8; Marching Band 1-8; NCYL; Sr. Board; Wind Ensemble 1-6. Drake University

Hanawalt, Kiefer
Football 1-4; Sr. Board; Wrestling 1-2. DMACC

Hardenbrook, Holly
Volleyball 1-7; IHSSA 1,5,7.

Harrington, Jeremiah

Harris, Jamie
AL; Cross Country 1-6; NEHS; NHS; Sr. Board; SG 1-6; Tennis 1-4, 7-8. Grand View University

Heggen, Kathleen
AL; Book Club 7-8; Cheerleaders 1-8; Chess Club 5-6; French Club 5-6 (VP); NCYL; NEHS; NHS; Orchestra 1-2; Scroll 5-8 (Copy Ed. 5-6); Sr. Board; SG 7-8; Tennis 1-8; We the People (Co-Chair). UI

Helm, Andrew

Hem, Pi

Henriquez, Vanessa

Hernandez-Urzua, Adriana
Art Club 7-8; Fashion Show 5-8; Spanish Club 7-8.

Heuermann, Westley
AL; Concert Band 1-8; Golf 1-8; Jazz Band 1-8; Marching Band 1-8; NCYL; NHS; Wrestling 1-4. UI

Hinman, Molly
Academic Letter

Hinshaw, Seth

Hites, Dallion

Holleran, Evan
AL; Baseball 1-8; Class Officer 7-8 (VP); NHS; Sr. Board; SG 7-8.

Howser, Jacob

Huchim-Garcia, Wendy
Art Club 5-8; Fashion Show 3-8; Spanish Club 7-8.

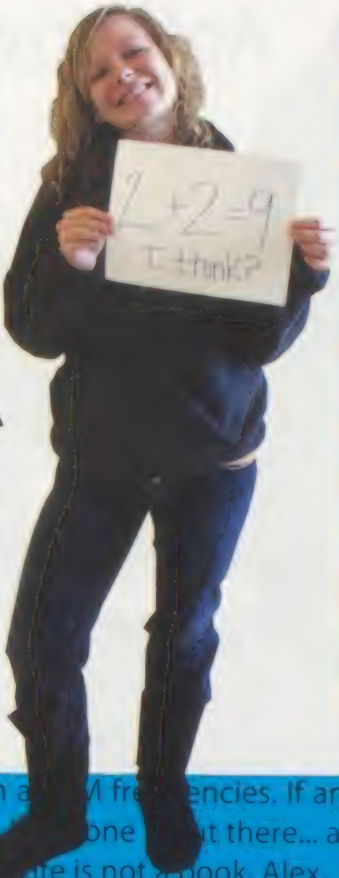
Hurley, Kate
AL; Cheerleaders 1-8; NCYL; NEHS; NHS; Quill 4-8; Sr. Board; Track 1-2; Volleyball 1-8.

Jackson, Sharaya
NEHS; Sr. Board; SG 7-8. UI

Jensen, Tyler
Baseball 1-8; Basketball 1-8; Football 5-8.

biggestairhead

Nick Tuttle


Carly Wiezorek

Biggest Airhead

1. Silly, foolish or unintelligent person; lacks common sense.

Yeah, check it out. We ask for airplay and whatever else we want, then we demand a whole bunch of weird stuff. This way we can plead insanity later.

-from Airheads

This is Dr. R t Nevil. broadcasting on a M frequencies. If anyone is out there... anyone, I can provide food, I
provide , and I can vide protection. one t there... anyone. Please, you are not alone. -I Am Legend C
JUST CAN'T WAIT TO BE KI -The Lion Ki Life is not a book, Alex. It can be over in a second. -The Lakehouse I'd like
Fockerize you. -Meet the Fockers Patrick you've been wearing the same Goofy Goober Peanut Party underpants for 3 ye
straight. What do you call that? -SpongeBobSquarepants: The Movie Cool Beans! -Hot Rod You heard of the dream tea
well we're the mean team! -Space Jam I don't know who you are. I don't know what you want. If you are looking for ranso
I can tell you I don't have money. But what I do have are a very particular set of skills; skills I have acq over a very lo
career. Skills that make me a nightmare for people like you. If you let my daughter go now, that'll be d of it. I will
look for you, I will not pursue you. But if you don't, I will look for you, I will find you, and I will kill you. Ahh, the nip
cripple. when your opponent uses this, you know they're desperat -The Pacifier It doesn't mat train is goi
it's getting on that counts. –The Polar Express

Matt Say

biggestflir

Biggest Flirt

1. Person who indicates a romantic or sexual interest towards another.

God. You're a real live outlaw! I may be the outlaw, but you're the one stealin' my heart.

-from Thelma and Louise

Terri Cabrera

Anthony
Bush

Lauren Williams

teacher'snightmare

Teacher's Nightmare

1. A student a teacher despises.

If you're not having fun, what's the freakin' point?!

-from 28 Days

on't care [illegible] each other, but y[illegible] espect each other. **-Remember the Titans** Jay: You're a serious weirdo, you
ow that. T[illegible]'s not lucky unle[illegible] ts [illegible] e up. Jay: Yeah, but now it's just a penny that thinks it's lucky. Terri: But, now
an be luck[illegible] e else. Jay: (Sarcast[illegible] lly) Oh look a lucky penny. **-Raise Your Voice** Edward: So the lion fell in love
h the lam[illegible] la: What a stupid lamb. Edward: What a sick, masochistic lion. **-Twilight** My momma always said, "Life was
a box of chocolates. You never know what you're gonna get." **-Forest Gump** Oh that's cool baby. You know how it is,
kin' an' rollin' an' what not. **-Grease** Behind every good man, is a woman rolling her eyes. **–Bruce Almighty** I'm just a guy
o'd rather play in the dirt with his kid. **-Jersey Girl** Who you going to the dance with? Spalding? **-Love and Basketball**
ose who do evil to others will come to know me well. **-The Punisher** We're going streaking! **-Old School** Case reopened.
erlock Holmes Neytiri: I see you. Jake: I see you too. **-Avatar** 1,500 people went into the sea when Titanic sank from
der us. Six were saved from the water, myself included. Six out of 1,500...afterward the seven hundred people in the boats

alwaystexting

Always Texting

1. Someone who is always on their phone in class.

Buckwheat: Quick, what's the number for 911?

- from Little Rascals

Heather Blacksmith

De Angelo McGregor

Johnson, Samantha
Quill 4; SG 7-8; Volleyball 1-8.
DMACC

Jones, Ambreyana
AL; Quill 4-8 (Ed. 7-8);
Sisters for Success 1-8; ETS 1-8;
We the People.

Jones, Learie
AL; Basketball 1-8; Cross Country
3-8; Football 1-2; NHS; Track1-8.

Jones, Michael

Kasper, Madison
AL; Cheerleaders 1-8; NCYL;
Quill 4-8; Sr. Board; SG 7-8.

Keeney, Jacob

Kelsey, Patty

Kemp, Tyrae
Basketball 1-8; Football 1-8;
Track 1-8.

Keomany, Jordan

Kerber, Desiree
Chamber Choir 3-8, Cheerleaders
1-8; IHSSA 3-8; NCYL; NHS;
School Play 3-4; Show Choir 1-8;
Sr. Board, SG 7-8; Volleyball 1.

Khammany, Joseph
AL; Tennis 4,6,8.

Khounlo, Ryan
AL; Soccer 1-6; Sr. Board: Tennis
7-8; We the People. UI

Kimmel, Dennis

Kimmel-Kendrick, Marissa
Color Guard 2-6; Concert Band
2,4,6,8; Marching Band 1;
PEP 7-8; Sr. Board.

Kingen, Lorrie
AL; Cheerleaders 3-8; NCYL;
NHS (Sec. 7-8) PEP 5-6;
Sr. Board; SG 5-8; Volleyball 1-2;
We the People; Project Sewing
Machine 5-8. UNI

Kochheiser, Phillip

Kreitz, Kayla

Kreutz, Jade
AL; Basketball 1-8; Sr. Board; SG
7-8 (VP); Volleyball 1-8.
Simpson College

Landon, Amber
Mixed Choir 3-8; Prep Choir 1-2; Sr.
Board. DMACC

Langerud, McKinzie
Chamber Choir 3-4; IHSSA 3-4;
Show Choir 1-4; Softball 1-4;
Volleyball 1-4.

Lawson, Angelica
AL; Debate 3-4; Equip. Mgr. 3-4;
Sr. Board; SG 7-8; Volleyball 3-6. UI

Liston, Benjamin

Lo, David

Loeurng, Soriya
AL; I-JAG 7-8; Sr. Board.
DMACC

Lor, Matthew
Soccer 1-8.

Lovan, Isaac

Luft, Taylor

Lund, Dashean

Ly, Linfoung
AL; Sr. Board; Tennis 1-8.

Lynch, Lacey

Maceda, Alejandra

Macias, David
AL; Science Bound 1-8. UI

best**ink**

Brady Burrows

Taylor Millard

Best Ink

1. A design on the skin that many others like.

Virgil: [explaining why he gets tattoos] It's for different reasons. Sometimes it's a person I've met or a place I've been. Sometimes it's just some cool thing I saw on the wall.

Sara: So... nouns, basically.

-from Tattoo, a Love Story

We are everyw . **-Eagle Eye** Evan: Wait...you ch ed name to McLovin? Fogell: Yeah... Evan: McLovin? What kin
stupid name t Fogell? What, are you trying to a n R&B singer? Fogell: No they let you pick any name you w
when you g here. Seth: And you landed o cL ?! Fogell: Yeah it was between that or Mohammad. Seth: W
THE HECK would it be between that or Mohamma h 't you just pick a common name like a normal person?! Fo
Mohammad is the most commonly used name on earth, read a frickin' book for once. Evan gell, have you actually e
met anyone named Mohammad? **-Superbad** If you can dodge a wrench, you can d e a you can do traffic,
can dodge a dodgeball! **-Dodgeball: An Underdog Story** Oh! Hey there little squ You ittle squis o chi
chi coooo! OW! Bad squishy! **-Finding Nemo** The most important thing in busin hon hard fam
never forgetting where we came from. **-American Gangster** What's this? They' f thr
ing heads? **-The Nightmare Before Christmas** You know, I've a thought t cies of
phant, he enjoys a peanut, I enjoy a peanut. **-Tarzan** I can try, b kilt may fly up **-The Termina**

most**spirit**

Most School Spirit

1. Shows school pride by wearing school colors; attends many activities.

Yearbook Girl: Kenny Fisher, sign my yearbook!

Kenny Fisher: No, thanks. No time.

Yearbook Girl: Come on. Where's your school **spirit**?

-from Can't Hardly Wait

Thomas Young

Tori Waters

mostchanged

Domingo Jimenez

Layla Schwartztrauber

Most Changed

1. Someone who has changed a lot over time.

People are always telling you that change is a good thing, but what they're really saying is that something that you didn't want to happen just happened.

-from You've Got Mail

seen a lot. I mean, n[illegible] th[illegible] mean...for instance, I've seen that you're maybe one of three people in the world that
s pizza flavored chip[illegible] re[illegible] he only person I've ever seen that spends more time on the roof of her house than in
actual house. And w[illegible] re yo[illegible] g? You're reading books. Not US Weekly or Seventeen, but you're reading substantial
ks. You do this thi[illegible] here it's lik[illegible] OCD thing, but it's not. It's whenever you're leaving your room, you grab the door-
b and turn like you're getting ready to leave. But you stop and you back up and you turn to the mirror and you stare at
rself. But it's not like an "I'm so hot" type of stare, it's more of a "Who am I really?" And to ask yourself that, that's so cool.
you look out of the window all of the time like I do, only you're looking at the world, you know. Trying to figure it out,
ng to understand the world or figure out why it's not in order like your books. -Distrubia Does Barry Manilow know that
raid his wardrobe?-The Breakfast Club Angels are like diamonds. They can't be made. You have to find them. - Charlie's
els Jesus Christ Bam, I almost broke my leg getting out of there. -Jackass: The Movie We won! Group hug in the shower
ght! (all the other inmates stare at him) ...or not? -The Longest Yard What's on your mind, monkey [illegible]tt?-Home Alone

mostlikelytosucceed

Most Likely to Succeed

1. Someone who is thought to succeed in life.

I once heard a wise man say: There are no perfect men, only perfect intentions.

-from Robin Hood

ennifer Vong

Zach Flickinger

Malloy, Amber

Mangra, James
Football 1, 3, 7.

Maria-Mendoza, Mariela
I-JAG 1-2; PEP 7-8; Soccer 5-8;
Sr. Board; Latino Group 5-8.

Marquez, Alma
AL; Cross Country 3; NCYL 7-8;
NHS 5-8 (Pres. 7-8); SB 1-8;
Soccer 1-4, 7-8; Sr. Board 7-8,
Iowa Talent Project 1-8; Banker's
Trust Youth Board 7-8. ISU

Marquez, Madelin

Martinez, Alejandra
Color Guard 5-6; Golf 5-8; PEP 5-8;
Sr. Board; Basketball Mgr. 3-8.

Martinez, Jose
Academic Letter

McCormick, Katelyn

McCourt, James

McGregor, De Angelo
I-JAG 1-8. ISU

Medearis, Dustin

Mendenhall, Colton

Mendez, Heidy

Meysenburg, Holly
AL; Bowling 5-8; NHS 6-8;
Orchestra 1-8; PEP 3-8 (VP 7-8);
Sr. Board; Tennis 2-8; Japanese
Culture Club 5-8.

Millard, Taylor
Softball 1-8.

Mitchell, Catherine
I-JAG 1-4; Swimming 5-8;
Track 1-2; CNA Certificate 5-6.
Mercy College

Mom, Johnathan
Football 1-2; Soccer 5-8; Sr. Board.

Mongar, Chelsy
AL; Cheerleader 1-8; NCYL;
NHS 7-8; Sr. Board;
Project Sewing Machine 5-6.

Moody, Edison

Morton, Melissa
AL; School Play 1, 5-8; Show Choir
1-2; Steppers 3-8; Theatre Arts 5-6;
Voices of Change 3-4.

Moya, Armando

Mullin, Chelsea

Nail, Jordan

Nail-Umanzor, Trevor

Nerison, Jessica

Newberry, Jerrica
AL; I-JAG 1-2; OA 1-2; PEP 1-4;
Prep Choir 1-2; Show Choir 3-6;
Sr. Board; IHSSA 5-8; 4-H Sec. 7-8.

Nguyen, Lan
AL; Orchestra 1-8. ISU

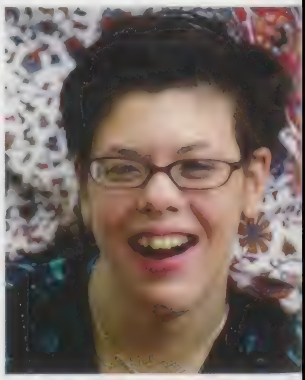
Nguyen, Nancy
NHS 5-8; Orchestra 1-8;
SG 5-8; Tennis 3-8.

Nguyen, Susan
AL; NHS 4-8; Sr. Board; SG 7-8;
Tennis 1-8; Asian Group 1-8;
ETS 3-8.

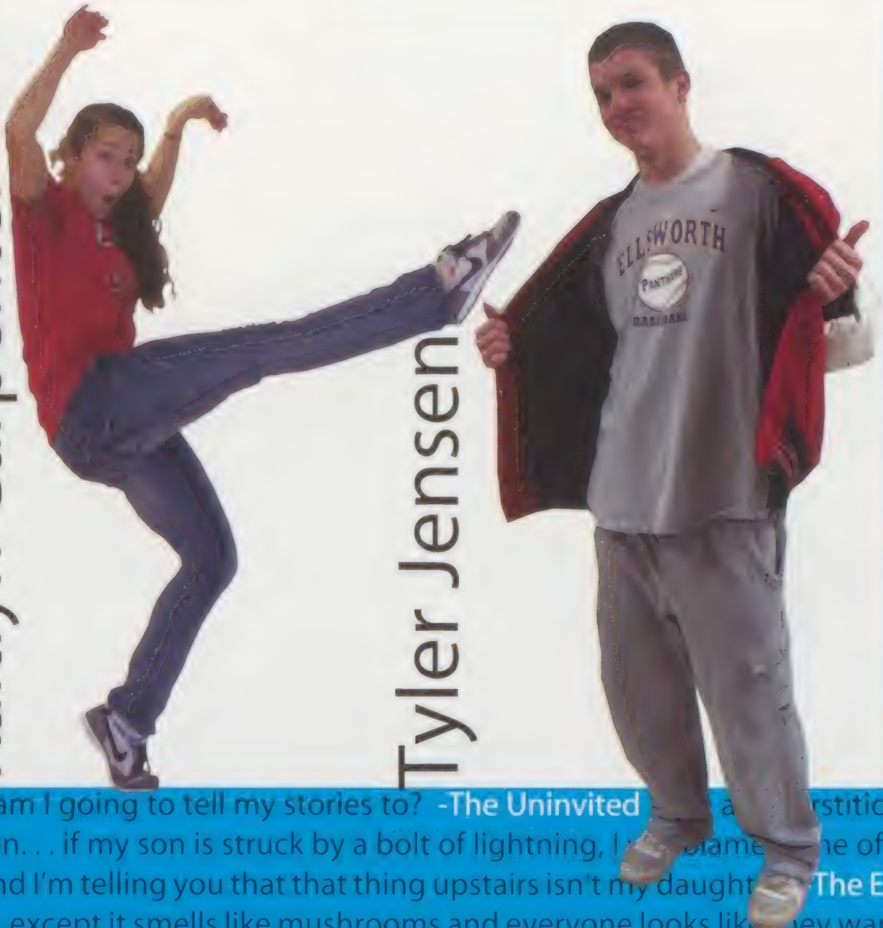
Nguyen, Uyen
Sr. Board; SG 7. ISU

Nichols, Kenneth
Football 1-5; NCYL; NEHS 7-8;
Sr. Board; SG 7-8.
Mercy Medical College

Niswander, Gabriella



mosttalented



Kaitlyn Carpenter

Tyler Jensen

Most Talented

1. A person with natural abilities or qualities.

I force a smile knowing that my ambition far exceeded my talent.

-from Blow

Who am I going to tell my stories to? -The Uninvited a rstitious man. And if some unlucky accident should be my son. . . if my son is struck by a bolt of lightning, I blame ne of the people here. -The God Father I'd know it in gut and I'm telling you that that thing upstairs isn't my daught The Exorcist This place reminds me a lot like Santa's wo shop...except it smells like mushrooms and everyone looks lik ey wanna hurt me! -Elf I feel just like Julia Roberts in Pre Woman, you know, except for the whole hooker thing. -She's All That It's a choice, Wesley, that each of us must face: to rem ordinary, pathetic, beat-down, coasting through a miserable existence, like sheep herded by fate - or you can take contro your own destiny and join us, releasing the caged wolf you have inside. Our purpose is to maintain stability in an unsta world - kill one, save a thousand. Within the fabric of this world, every life h a thread. We are that thread - a frater of assassins with the weapons of fate. This is the decision that lies yo the sheep, or the wolf. The choice is yo -Wanted Charles Xavier did more for mutants than you will ever y greatest regret is that he had to die for dream to live.- X-Men: The Last Stand Think about it! Lots of oth em coming for a shave, won't they? Th of them all as pies!-Sweeney Todd

classcoup

Class Couple

1. Good relationship throughout high school.

Juno: Your little girlfriend gave me the stinkeye in art class yesterday.

-from Juno

Caitlin Schuler

Jordan Duckworth

oneofakind

One of-a-kind

1. Being unique, especially when uniformity is expected. Incomparable to any other person.

Either you define the moment or the moment defines you.

-from Tin Cup

Madison Kasper

Zachary Wells

can fly! -Peter Pan [illegible] o be rude but we're Frenc [illegible] -Ratato [illegible] I'll remove your reason of wearing a loin cloth.
orge of the Jungle [illegible] pon a time, there was this m [illegible] al plac [illegible] here it never rained. The end! -Holes I want you to
a moment, and I w [illegible] u to look each other in the [illegible] I wan [illegible] to put each other in your hearts forever because
ver is about to ha [illegible] ere in just a few minutes. I wa [illegible] ou to [illegible] your eyes, and I want you to think about Bobbie
s, who is your brother. And he would die to be out ther [illegible] that field w [illegible] you tonight. And I want you to put that in your
rts. Boys my heart is full. My heart is full. -Friday Night Lights Slappin da bass! -I Love You, Man Who wants to go inside
creepy tunnel first? -National Treasure One discovery can change your life. One mistake can destroy it. -No Country for
Men Alan: It's not illegal. It's frowned upon, like masturbating on an airplane. Phil: I'm pretty sure that's illegal too. Alan:
h, maybe after 9/11, when everybody got so sensitive. Thanks a lot, bin Laden. -The Hangover Your mo [illegible] stupid
goes to Gucci and tries to buy...Prada! -White Chicks You keep trying to fit in when you were made to st [illegible] -What
rl Wants Mewtwo? Am I only a copy? Nothing but Mew's shadow? -Pokémon: T [illegible] Movi [illegible] et cat?
art Little

classclow

Class Clown

1. Mr. Funny guy, always cracking jokes in class.

Dale: Can we turn our beds into bunkbeds?

Brennan: It'll give us so much extra space in our room to do activities.

Robert: You're adults, you can do what you want.

Dale: This is the funnest night ever!

-from Step Brothers

Tyler Seher

Miya Williams

Niswander, Zoe

Noring, Jordan

Nouchanthavong, Elexandria
Cheerleaders 3-4; Sr. Board.

Nutt, Katie

Olson, Nickolas

Osborn, Jenna

Parsons, Kristopher

Patterson, Kamylle

Pederson, Steven

Perez, Karen

Perez, Troy

Pettit, Ryan

Phaviset, Davina

Phillips, Bryan
AL: Swimming 5-8; Football 1.

Phongphachone, Carolyn
Tennis 1-4. Grand View University

Pina, Karla

Plascencia, Fabiola
Art Club 7-8; PEP 7-8; Sr. Board.

Pol, Klarissa
Basketball 7-8; Soccer 7-8;
Softball 7-8. UNI

Propst, Christopher

Puga, Jesenia

Ramirez, Dulce

Rasavady, Sophie

Reasoner, Tori
AL; Cheerleaders 3-4; Tennis 7-8.

Reed, Jacob

Rehm, Nathan

Reimer, Mathew

Reynolds, Alex

Reynolds, Randi

Reynolds, Rene
Orchestra 1-8; Scroll 5-8 (Design
Ed. 7-8); Sr. Board; Volleyball 1-8.

Richardson, Patience
Concert Band 8; Jazz Band 1;
Marching Band 8.

Ridenour, Alexius

Rife, Elizabeth
IJAG 5-8. DMACC

kidatheart

Kid at Heart

1. No longer a child physically. But still a child at heart.

Phil: This is more fun than picking noses!
Lil: Or making bubbles in the bathtub!
-from The Rugrats Movie

Michael Jones

Desiree Kerber

The key t[illegible]akin[illegible]ut the[illegible]the cl[illegible] a go[illegible]fic symptom. I'm a big believer in it. A lo
people w[illegible]ell you a good phony fever is a dea[illegible]get a nervous mother, you could wind up in a doctor's off
that's worse than school. You fake a stomach cramp, and when you're bent over, moaning and wailing, you lick your palms
a little childish and stupid, but then so is high school. **- Ferris Beuler's Day Off** Oh good ... my d[illegible]nd the chainsaw! -
and Stitch Me and my father have a bet going. I don't think you'll last 10 minutes in this tournar[illegible]e disagrees. He doe
think you'll last five! **-Harry Potter and the Goblet of Fire** So I finally met a girl exactly like my [illegible]er, dresses like her,
like her, so I brought her home? My father doesn't like her! Go figure! **-Dirty Dancing** We gonn[illegible] a brick, man, we m
as well call prison and make reservations. **-Gone in 60 Seconds** Mini-Me's gone mental o[illegible]e chocolate. It's
frickin catnip for clones. **- Austin Powers Gold Member** I c[illegible]void being seen if I wish, bu[illegible]irely, that is a
gift. **-The Lord of the Rings: The Fellowship of the Rings**[illegible]'t want to survive! I wa[illegible]an you do tha
the Beach Boys? Hell no! **-Rush Hour**

mostinvolve

Most Involved

1. Someone who is very involved in activities.

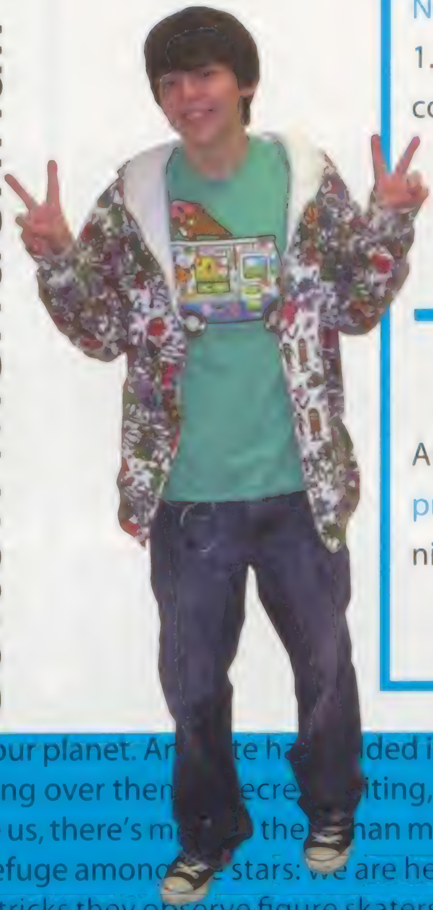
I know you can be underwhelmed, and you can be overwhelmed, but can you ever just be, like, whelmed?
-from 10 Things I Hate About You

Nadia Tyler

Sean DeGoey

Jocelyn Brown

Colton Mendenhall



Next President

1. Has characteristics to become the next president.

Any man who wants to be president is either an egomaniac or crazy.

-Dwight D. Eisenhower

nextpresident

n the Allspark gone, we [illegible]not [illegible]n life to our planet. An[illegible]te ha[illegible]ded its reward: a new world to call home. We live ong its people now in p[illegible]sigh[illegible]ut watching over them [illegible]ecre[illegible]iting, protecting. I have witnessed their capacity ourage, and though we a[illegible]wo[illegible], like us, there's m[illegible] the[illegible]han meets the eye. I am Optimus Prime, and I send message to any surviving [illegible]bots taking refuge among [illegible] stars: we are here, we are waiting. -Transformers Look, I'm y, but when the CIA wants to learn new dirty tricks they observe figure skaters and their moms. -Ice Princess I'm just fooling myself. She'll never see me as anything but a monster. It's hopeless. -Beauty and the Beast When you are a man somees you wear stretchy pants in your room. It's for fun.- Nacho Libre I hope you sing better than you dance. -Slumdog Milaire The sooner you know who you are and what you want the less you'll let things upset you. -Lost in Translation Yeah, cure-all. My buddy Jonah broke his elbow one time. He just smoked some weed. It still clicks, but it's cool. -Knocked Up re she will be awakened by true love's first kiss.-Sleeping Bea[illegible]e...two...Freddy's coming for you. Three...four...better your door. Five...six...grab your crucifix. Seven...eight...gonna [illegible] late. Nine...ten...never sleep a[illegible] -Freddy vs. Jason

alwayslate

Always Late

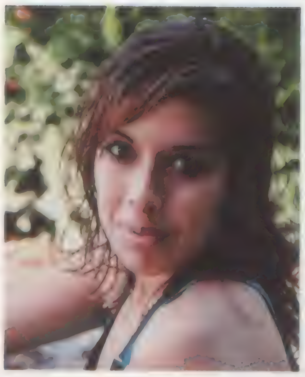
1. Never on time.

I'm late, I'm late for a very important date. No time to say hello, good-bye, I'm late, I'm late, I'm late!

-from Alice in Wonderland

Kyle Cox

Katie Heggen



Rivas, Kole
Basketball 1-6; Football 1-6.

Rivas-Correa, Nereida

Rivas-Zepeda, Francisca

Robbins, Amanda

Robbins, Kelsey

Robbins, Tiffany
Softball 1-2; Track 1-4.

Robinson, Ashlyn

Robinson, Kelsey
AL; Equip. Mgr. 7; Prep Choir 1-2;
Show Choir 3-6; Tennis 2, 4, 6.
DMACC

Rodriguez, Ana
Soccer 7-8.

Rodriguez, Jasmine

Rodriguez, Maria

Rodriguez Vega, Perla

Rounds, Tyler

Rowat, Megan
Concert Band 1-8; Jazz Band 1-8;
Marching Band 1-8;
Wind Ensemble 1-8.

Ruby, Danyelle

Ruiz, Lacey

Sanderman, Aaron
Debate 7-8; NEHS.

SanElias, Adriana

Sayavong, Sanna
AL: Orchestra 1-4; Tennis 2,4,6,8.

Schillinger, Connie

Schnoebelen, Jessica
Chamber Choir 7-8; Concert Band 1-8; Handbell Choir 1-2; Marching Band 1-8; Prep Choir 3-8; IHSSA 5-8.

Scheuer, Caitlin
AL; Cross Country 3; Scroll 5-8 (Ed. 7-8); Soccer 2,4; SG 3-4; Volleyball 1.

Schumacher, Ashley

Schwartztrauber, Layla
AL; Cheerleaders 3-4; Quill 4-8; Steppers 1-2. Grand View University

Scott, Christian
Wrestling 1-8.

Seher, Tyler
AL; Class Officer 7-8 (Pres.); Scroll 5-8 (Ed. 7-8); Sr. Board.

Shepherd, Cody
Baseball 1-4; Chamber Choir 5-6; Football 1-2; Prep Choir 1-2; School Play 3-4; Show Choir 3-6; IHSSA.

Shivers, Cameron
Basketball 5-8.

Sigmund, Benjamin
AL; Baseball 2-8; Football 1-7.

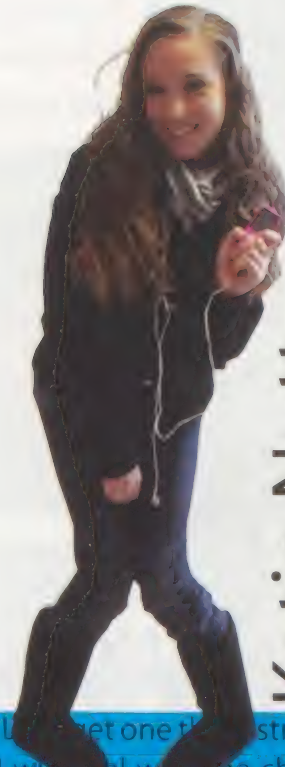
Slinger, Tyler

Smith, Alexandria
Cheerleaders 7-8; PEP 5-8; Prep Choir 1-4; Show Choir 5-8; Sisters for Success 1-6; Sr. Board; Tennis 7-8; Track 1-2.

Smith, Cari

Ipodobsessed

Deivid Guinan



Katie Nutt

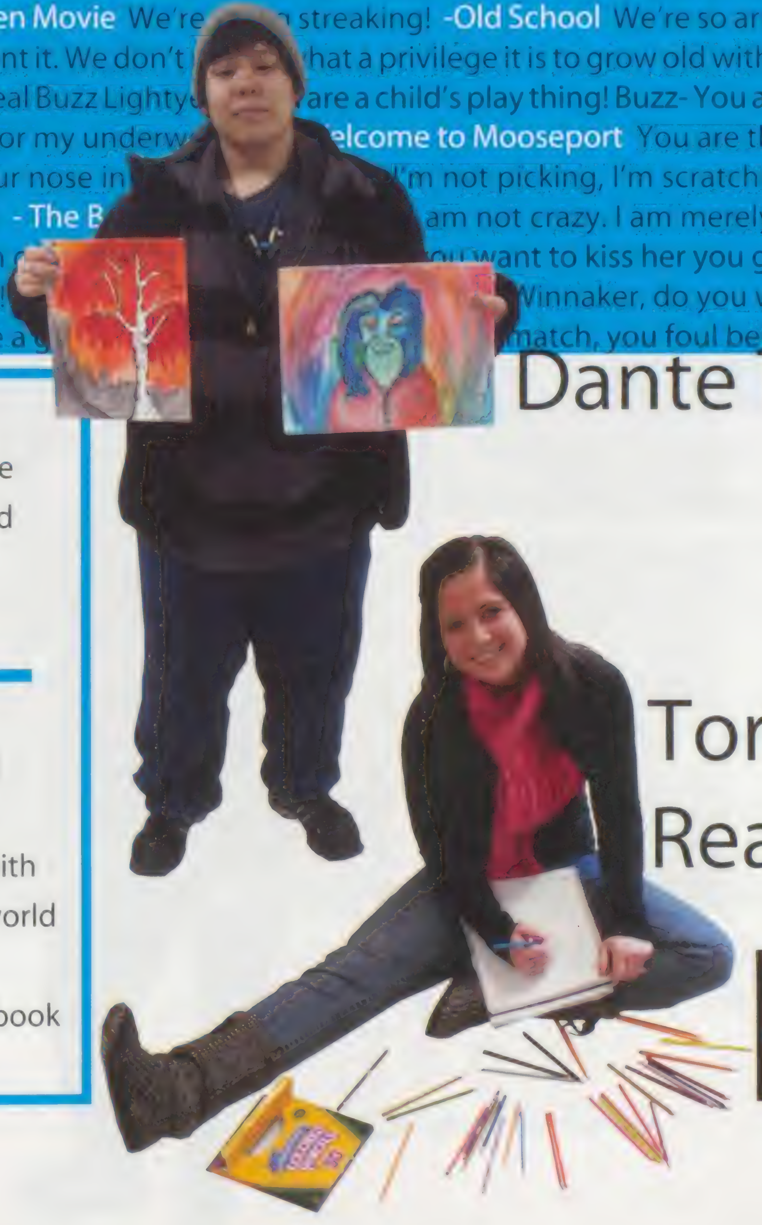
Ipod Obsessed

1. Always listening to their IPod.

One good thing about music, when it hits, you feel no pain.

-Bob Marley

Do I look like I [illegible] tights? -Step Up L[illegible] get one t[illegible] straight here. This is not a cheerocracy. I am the cheertator, I will m
the cheercisio[illegible] round here and I wi[illegible]al w[illegible] he cheeronsiquences. Now, if there are no more cheeruptions, we
cheertinue. Tha[illegible] u. -Not Another Teen Movie We're [illegible] streaking! -Old School We're so arrogant aren't we? So af
of age, we do every[illegible]ing we can to prevent it. We don't [illegible] hat a privilege it is to grow old with someone. -P.S. I Love
Woody- YOU ARE A TOY! You're not the real Buzz Lightye[illegible] are a child's play thing! Buzz- You are a sad, strange little m
-Toy Story What does it matter what color my underw[illegible] elcome to Mooseport You are the cheese to my macar
-Juno Gus: Clark, could you not pick your nose in [illegible] I'm not picking, I'm scratching. Gus: Scratching wh
Your brain? Clark: Yeah, 'cause it's huge. - The B[illegible] am not crazy. I am merely a grown woman trap
in my daughter's body. Oh my god...I am [illegible] ou want to kiss her you go ahead and kiss her.
take her and you kiss the crap out of her! [illegible] Winnaker, do you want me to get you a s
I'll get you a skirt if you keep playing like a g[illegible] match, you foul bellowing beast! -Enchan



Dante Terry

Tori Reasoner

mostartistic

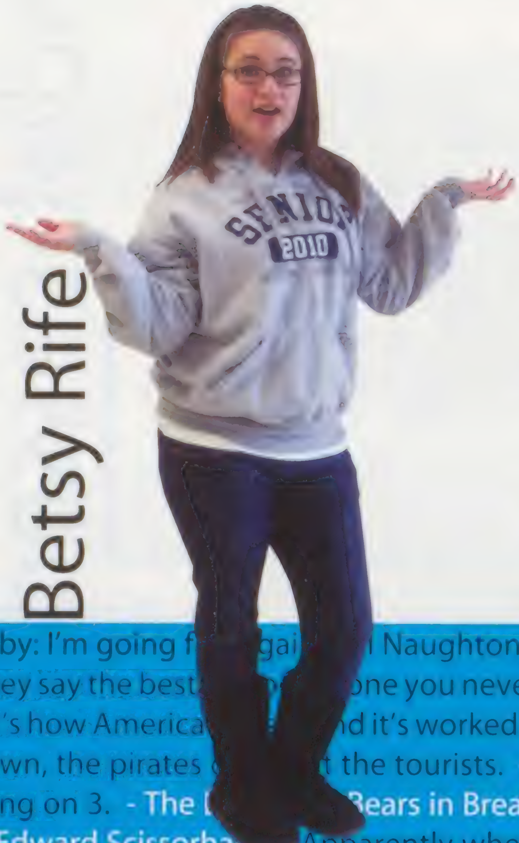
Most Artistic

1. A person whose creative work shows sensitivity and imagination.

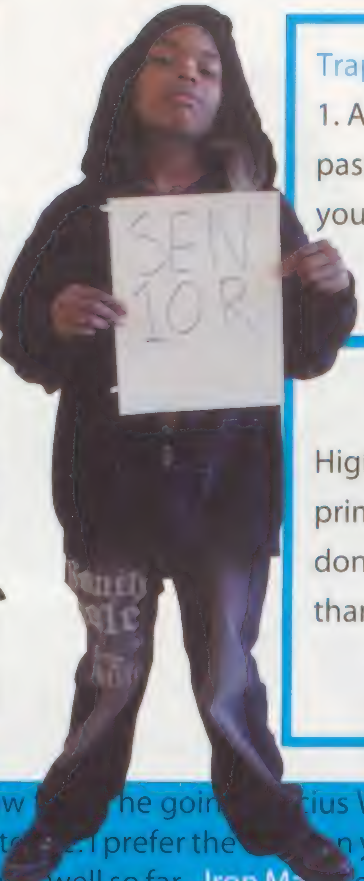
Most of the time I have all these thoughts bouncin' around in my head, but with a brush in my hand, the world just gets kinda quiet.

-from the Notebook

MUST BE
THIS TALL TO
BE A SENIOR!!



Betsy Rife



Doyle Buckner

Trapped in a Freshman's Body

1. A senior who could still pass as a freshman; looks young.

High school, those are your prime suffering years. You don't get better suffering than that.

-from Little Miss Sunshine

trappedinafreshman'sbody

y Bobby: I'm going f[illegible]gai[illegible] Naughton, Jr.: How [illegible] he goi[illegible]cius Washington: 26 miles per hour. -Taladega
nts They say the best [illegible] one you never have t[illegible]. I prefer the [illegible]n you only need to fire once. That's how dad
t, that's how America[illegible]nd it's worked out pre[illegible] well so far. -Iron Ma[illegible]eah, but when the Pirates of the Caribbean
aks down, the pirates [illegible]t the tourists. -Jurassic Park I run like a butterfly and I sting like a bee, I rounded 2nd and
standing on 3. - The [illegible]Bears in Breaking Training Are you serious? I'm going to lose you to that? He isn't even
han. -Edward Scissorha[illegible] Apparently when you combine yodels with large quantities of cough syrup you get acid. -
k Do you ever feel like you're living behind a mask. Like if you tell someone who you really are, they won't except you? - A
derella Story I can tell you, with no ego, that this is my finest blade. If, on your journey, you shoul[illegible] encounter God, God will
ut. -Kill Bill Vol. I The first rule of Fight Club is you do not talk about Fight Club. The second ru[illegible]e of Fight Club is you DO
talk about Fight Club. -Fight Club You can only imagine the truth. -Atonement I said brr it'[illegible]ld in here, there must be
e Toros in the atmosphere. I said brr it's cold in here, there must be some Toros in the atmosp[illegible]re I said oh-ee-oh-ee-oh
ce ice. oh-ee-oh-ee-oh ice ice ice- Bring It On

mostlikelytowinagramm

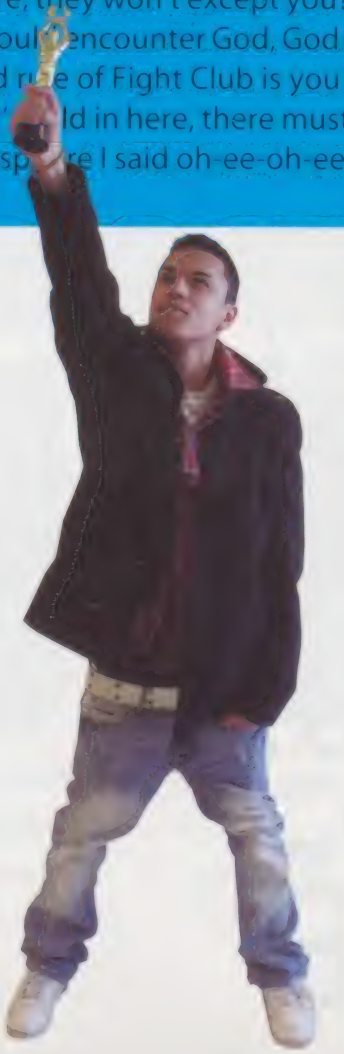
Most Likely to Win a Grammy

1. Very talented person who has potential to perform in front of large groups.

You can love me or hate me
I swear it won't make me or
break me.

-Lil Wayne

Rosie Cam



Christian Rodriguez

Smith, Jayanna

Smith, Seirra
AL; Orchestra 1-8; SG 5-8; Tennis 3-8; Japanese Culture Club 1-6.

Smith, Spencer

Smith, Tiffany

Son, Sarah
AD 5-8; AL; NHS; Orchestra 1-8; Quiz Bowl 5-8; Spanish Club 1-8; Sr. Board; Track 1-4, 7-8; Fusion 1-2, 3.

Sotelo-Mata, Leslie

Spencer, Jeremy

Steward, Matthew

Storm, Stephen

Stoutenburg, Meri
AL; NHS; Chamber Choir 4-8; Concert Band 1-8; Marching Band 1-8. Brooks Inst. of Photography

Stuve, Devan

Summy, Kelsey
Basketball 1-4; Sr. Board; SG 7-8. Mercy College of Health Sciences

Tavera, Francisco

Taylor, Kierra
Cheerleaders 3-4, 7-8; Sisters for Success 3-4; Sr. Board; SG 7-8; Track 7-8; 4-H Club 7-8.

Terrell, Khennedy

Terry, Dante
Art Club 5-6; Football 1-4; Track 3-4.

Thepkome, Pinda

Timm, Evan
AL; Swimming 1-8.

Torres, Joshua

Trejo, Yoali
AD; AL; French Club 7-8;
PEP 7-8; Soccer 8; UN Trip.

Turay, Esther
AL; PEP 7-8, Sisters for Success 1-4;
Sr. Board; Volleyball 3-4.

Turner, Tara

Tuttle, Nicholas
Academic Letter

Tyler, Nadia
AL; Cheerleaders 1-8; Class Officer
7-8 (Treas. 7-8); Quill 4-8 (Design
Ed. 7-8); NCYL 7-8; NEHS 5-8
(Pres. 7-8); NHS 5-8; Sr. Board;
SG 7-8. UNI

VanDyke, Brittany

Vang, Va
Football 7; Soccer 2-8. ISU

Velazquez, Luis

Vong, Jennifer
AL; IHSSA 5-8; NCYL 7-8; NHS
7-8; Orchestra 1-2; PEP 7-8;
Show Choir 1-8; Sr. Board;
Tennis 3-8. ISU

Vry, Tyler
AL; Chess Club 1-8;
Mock Trial 4; Swimming 3-8.

Walker, Kelsey

Warren, Taylor

Waters, Victoria

bestfriends

Best Friends

1. Friends who are especially close to one another.

Young Tod: Copper, you're my best friend.
Young Copper: And you're mine too, Tod.
Young Tod: And we'll always be friends forever. Won't we?
Young Copper: Yeah, forever.
-from Fox and the Hound

Seirra Smith

Nancy Nguyen

Napoleon: We [illegible] you d[illegible] a favor th[illegible] Lan[illegible] bring me my chapstick? Kip: No, Napoleon. Napoleon: But my lips h
real bad! Kip: [illegible] borrow [illegible] from the scho[illegible]rse. I know she has like five sticks in her drawer. Napoleon: I'm not go
use hers, yo[illegible]o! Kip: Se[illegible]poleon: Ugh! Idiot! -Napoleon Dynamite Looks like I picked the wrong week to stop sni
glue! -Airpla[illegible] don't wa[illegible] be a product of my environment. I want my environment to be a product of me. -The
parted It's bee[illegible]nded down from goof to goof to goof, and now...it's yours, son. -A Goofy Movie Everybody listen up.
Gridiron is a football field. On the Gridiron, we do it my way, not your way. Your way got you here. Whatever gang you cla
whatever hood you're from, this is your hood now. -The Gridiron Gang I can smell alcohol on your breath! That's cause
been drinking b---h!-Hancock That was totally wicked! -The Incredibles Do you want a b[illegible]on, Richie? -It! She's got le
you idiot! She traded in her voice to the sea witch and got legs! Geez man! -The Little Me[illegible] Wanna see the new Twe
End Zone Dance? You know what I call it? The 'New Tw[illegible] End Zone Dance.'-Varsity Blu[illegible]... I'm just saying 'yes' to li
cuz... you gotta say 'yes' to life... I'm in a secret coven [illegible]t sounded naughty! –Yes M[illegible]ers love pepper... they h
cinnamon.-The Hangover

biggestnerdathe

Biggest Nerd at Heart

1. Nerdy on the inside, appears normal on the outside.

All of you people, there is a big world out there... bigger than prom, bigger than high school and it won't matter if you were the prom queen, the quarterback of the football team, or the biggest nerd in school.
-from Never Been Kissed

Rene Reynolds

Tyler Slinger

Wells, Zach
Sr. Board; Track 7-8. ISU

West, Cole

Whitfield, Kelsey
Bowling 7-8; Chamber Choir 7-8;
Chess Club 6; Handbell Choir 5-8;
NYCL; NHS; Orchestra 1-8;
PEP 7-8; Show Choir 7-8;
Sr. Board; UB 4-8; We The People.

Wiezorek, Carly

Wiles, Terry

Wilkerson, Blake

Williams, Lauran

Williams, Miya
AD 7-8; AL; Color Guard 5-6;
Orchestra 1-8; PEP 7-8;
Tennis 5-8. ISU

Williamson, Brandon

Wilson, Cody

Wisnousky, Kayla
AL; NCYL; Show Choir 1-6;
Soccer 1-8; Sr. Board;
Steppers 1-4; Volleyball 1-8.

Wolfe, Michael

Camera-shy

Silvia Daniel Abu Youm
Sabreen Al-Hameed
Hugo Alanis-Vega
Iduan Arreola
Tyler Avant
Humberto Avila
Nicole Baccam
Ellis Balark
Jonathan Bales
Dillion Barber
Dre'Sean Barber
Drew Becker
Ryan Beggs
Samantha Belger
Jamie Bentley
Michelle Bernardino
Latisha Besaw
Ashley Bishop
Jeffrey Blakeburn
Arion Boston
Micole Boyd
Dylon Brewer
William Brewer
Jazzly Broussard
Emily Brown
Montinique Bumpus
Damon Burgett
Samantha Burgett
Ariole Byrd
Stephanie Campfield
Karina Canzilaes
Amanda Cantwell
Kai Chanthakham
Jonathan Cole
Salomon Colunga
Rafael Contreras
Stephen Cook
Shelia Cooper
Ruby Coos
Seth Cordero
Rodolfo Correa
Jenny Cortes
Kyle Cox
Chelsea Crone
Blake Cross
Joshua Cruz
Jasper Cunningham
Francisco D'Trinidad
Randall Davenport
Jose delaRosa
Chaniquiwa Deener
Christopher Deharo-Cruz
Kirsten Dellaca
Chelsea Deo
Tram Do
Jessica Dominguez
Tacarra Doss
Marsha Dunlap
Richard Duntz
Gabriela Duran
Nathan Dzon
Destiny Eddy
Jorge Estrada
Musa Ezeirig
Jacob Farnsworth
Raymond Fees
Dennis Flanders
Mayra Flores
Skyla Fogle
Jesus Gallardo
Ricky Ginn
Kayla Glover
Miguel Gonzalez
Nicole Grant
Andrea Green
Alexander Grochala
John Grove
Leslie Guadarrama
Miguel Guerrero
Charlie Harper
Travis Hartgers
Keisha Harvey
Alan Havard
Meghan Hearshman
Ava Heckathorn
Vanessa Henriquez
Kristofer Hentschel
Monica Hernandez
Devon Herold
Caitlin Hewitt
Elizabeth Hilt
Anthony Hites
Kayla Hollingshed
Paul How
Trisha Howe
Brander
Inthapanyavongsa
Santriono Jackson
Joseph Janes
Melody Jaros
Devaughn Jenkins
Crystal Jensen
Dominic Jester
Steven Jilek
Ciera Johnson
Latisha Johnson
Royan Johnson
Roda Joseph
Kyle Kain
Miatta Kamara
Kelsi Kern
Jacob Ladurini
Tony Laird
Alicia Landeros
Hannah Laughlin
Dang Le
George Leach
Ricardo Leanos
Mor Lee
Michael Lewis
Jessica Lippold
Khisheka Little
Christopher Lukehart
Cristian Luqueno
Ngan Luu
Cassandra Lynch
Tyler Maddex
Ariel Major
Jacob Mann
Steven Marquer

Wom, Sara
French Club 7; Mimes 3-4;
Sisters for Success 1-8.

Worden, Joshua

Young, Chelsea

Young, Courtney

Young, Thomas
AL; Football 1-4; Sr. Board;
Swimming 1-8.

Johnson, Bria

Jose de Jesus Marquez
Angel Martinez
Ernesto Martinez
David McCartney
Troy McConnell
Tyberious McElvogue
Theodore McGinnis
Aaron McMenamin
Zachary McNeeley
Eric Michael
Cody Mickel
Dustin Miller
Heather Miller
Shanda Mills
Mikale Moore
Rickey Moore
Justin Morrill
Angel Munoz
Javier Murillo
Jordan Nail
Malaytong Naovarath
Shawn Nelson
Estuardo Orellana
Casey Ouverson
Deontaye Owens
Minh Phan

Karla Pina
Danielle Poe
Rhoda Pour
Lorenzo Quintanar
Zazetta Rankins
Elva Regalado
Rosa'Sarai' Renderos
Benjamin Revuelto
Jose Reyes
Judith Reyes
Taide Reyes
Meggen Richards
Larry Robb
Adam Robbins
Marvin Robinson
Mason Robinson
William Rochon
Byanca Rodriguez
Cristian Rodriguez
Martin Rodriguez
Mirella Rodriguez
Stephanie Rodriguez
Craig Rogers
Dustin Rowe
Kai Rowe
Mason Rowe

Daniel Ruacho
Victor Ruiz
Jaymee Ryan
Luis Saldana
Enrique Sanchez
Taylor Sanders
Maria Sandoval
Charlie Santos
Matthew Say
Adam Scarlett
Amanda Schibner
Jeremiah Schoen
Jacob Schultz
Scott Senecaut
Veronica Shoafstall
Jessica Short
Mercedes Silcott
TyVon Simms
Joshua Skinner
Larry Sloan
Cody Smith
David Smith
Michael Smith
Kpannah Snyder
Mark Soe
Melody Sotelo-Mata

Travis Stewart
Sunshine Streeper
Kara Stroud
Errol Sutton
John Swackhamer
David Sysombath
Zackary Templeton
Christian Thompson
Joshua Thompson
William Titus
Charles Tran
Spencer Tran
Brittney Trigg
Kalif Trumbo
Enrique Uvalle
Marcos Valadez
Cody VanWinkle
Ivan Vega
Eduardo Venegas
Nathaniel Vernon
Grant Voshell
Jesse Wadle
Christina Wagner
Maurisha Walter
Brittany Wegener
Jorry Welch

Timothy Wendel
Daejore White
Kaylee White
Marshall Wilkerson
Alexia Williams
Cynthia Wion
Christopher Wollesen
Tyler Wood
Kayla Woods
Deontae Word
Trevor Wozniak
Anthony Wright
Samuel Yang
Grogweh York
Chase Young
Clayton Young
Ismael Zelaya

BEFORE THEY WERE STARS

Samantha Johnson

Joram Burg

Evan Holleran

Kaitlyn Carpenter

Heidy Mendez

Afton Abel

Madeline Marquez

Brady Burrows

Jamie Harris

Missy Morton

Seirra Smith

Stevon Coleman

Kelsey Robinson

Learie Jones

Rene Reynolds

Brittany Beckman

Paige Gee

Chelsy Mongar

Dunlap Hall

Ariel Byers

Rosie Cam

Carly Wiezorek

Amber Landon

Dennis Kimmel

Kenny Nichols

James Deaton

Zachary Wells

Tyler Vry

Doyle Buckner

Holly Meysenburg

Brittany VanDyke

Trevor Nail

Uyen Nguyen

Fabiola Plascencia

Kate Hurley

David Lo

Dulce Anaya

Alma Marquez

Amber Malloy

Emily Black

Sean DeGoey

Kiefer Hanawalt

Hugo Alanis

Jordan Noring

Sanna Sayavong

Enna Cabrera

Jasmine Rodriguez

Jordan Duckworth

Alejandra Martinez

Soriya Loeurng

Madison Kasper

Megan Rowat

Nancy Nguyen

James Mangra

Katie Mitchell

Lan Nguyen

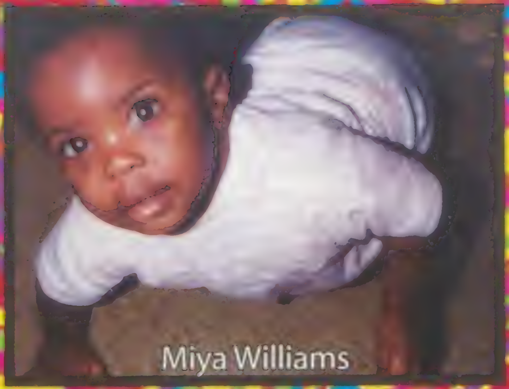
Layla Schwartztrauber

Ryan Khounlo

Joseph Khammany

Katie Heggen

Caitlyn Carmichael


Miya Williams

Bria Johnson

Ana Rodriguez

Elexandria Nouchanthavong

Ceeria Beckish

Cari Smith

Giovanni Gonzalez

Sarah Son

Tyler Jensen

Lacey Lynch

Sierra Gearhart

Taylor Carlisle

Heather Blacksmith

Jade Kreutz

Kayla Wisnousky

Susan Nguyen

Connie Schillinger

Maria Rodriguez

Matt Carter

Kase Heuermann

Ashlyn Robinson

Kylie Grantham

Jasmine Blanchard

Marissa
Kimmel-Kendrick

Kelsey Robbins

Kierra Taylor

Pi Hem

Alex Brouwer

Colton Mendenhall

Jacob Bellman

Nadia Tyler

Jessica Schnoebelen

SENIOR WILLS

I, **DULCE ANAYA**, will my beastly soccer skills to **CAROLINA CRUZ**.

I, **DASHEAN LUND**, will my "swag" to **DASHEAN CASON**.

I, **THOMAS YOUNG**, will my awesomely bright speedo to **DAVID ORTIZ**.

I, **CHELSY MONGAR**, will my sweet stunting skills and great hair to **KENZI MONGAR**.

I, **GIOVANNI GONZALEZ**, will my drawing skills to **JOSE LUPERCIO**.

I, **ANA RODRIGUEZ**, will my dancing to **SAMANTHA GARCIA**.

I, **FABIOLA PLASCENCIA**, will my hair extensions and fashion sense to **NIJAY GAINES**.

I, **RILEY GALVIN**, will my swimmer's spirit to **SHANNISSY CATRON & BROOK YOUNG**.

I, **KENNY NICHOLS**, will my ability to do nothing until the last second and still get an "A" to **KALIEGH NICHOLS**.

I, **BRADY BURROWS**, will my amazing singing skills to **ZAK JONES**.

I, **MIKE JONES**, will my briliant acrobatic skills to **MATT SCHMITT**.

I, **CHELSEA MULLIN**, will my awesome cooking skills to **KELSEY KENNEDY**.

I, **ROSIE CAM**, will my beast vocal talents to **MIKEY BROWN**.

I, **JORAM BURG**, will my bowling captain position to **LOGAN DAVIS & MIKE ROBY**.

I, **TIFFANY SMITH**, will my intellegence to **DEZIREE MESTA**.

I, **JESSICA LIPPOLD**, will my ability to go to class everyday to **JUSTIN LIPPOLD**.

I, **PAIGE GEE**, will my awesome stunting skills as a base to **KELSEY GILE**.

I, **ANDREW COZAD**, will my ability to coast through high school and still pass to **ALEX SIBERT**.

I, **DUNLAP HALL**, will my knowledge of girls to **RAYMOND BROWN**.

I, **MIYA WILLIAMS**, will my inappropriate touching to **JACKIE FUDGE**.

I, **MIGUEL GUERRERO**, will my worldly possesions to **JOANNA GUERRERO**.

I, **EMILY BLACK**, will my random acts of insanity to **JORDAN MORROW**.

I, **ALMA MARQUEZ**, will my stubborn determination to **ALEJANDRA PINA**.

I, **RODOLFO CORREA**, will my ability to act and entertain people to **SKY DALE & DANYAL NOKES**.

I, **CARI SMITH**, will my beautiful duck tape ball, Hilda, from pitching and catching to **JANIE SMITH**.

I, **LEARIE JONES**, will my amazing ability to run forever to **SALAT JONES**.

I, **CHELSEA CRONE**, will my great sense of hair color to **KATHERINE BURNS**.

I, **MICHAEL BEEM**, will my wood working and engineering to **MR. HALL**.

I, **SEAN DEGOEY**, will my good looks and amazing charm to **LOGAN DAVIS**.

I, **ARIEL MAJOR**, will my ability to bullsh*t through homework and essays to **DACEY NGUYEN**.

We, **DEVAN STUVE & KELSEY WALKER**, will our amazing bowling skills to **NEXT YEAR"S VARSITY BOWLING TEAM**.

I, **ERNESTO MARTINEZ**, will my horrible grades to **DALLION HITES**.

I, **JACOB BELLMAN**, will my shoes to **ALBERTO "SLEEPY" MILLAN**.

I, **GARY CARLSON**, will my stupendous idiotic brain to **NICK GRIFFIN**.

I, **AFTON ABEL**, will my tallness to **KALEY HODGE**.

Teighlor Gutierres

Tiffany Smith

Adam Elsinga

Danyelle Ruby

I, **AMBREYENA JONES**, will my dedication and talent to **THE QUILL STAFF OF `11.**

I, **VAPHENG VANG**, will my "swag" to **JORDAN KOUAGHVAN.**

I, **ANTHONY BUSH**, will my class humor to **CONNER KOURI.**

I, **NICK HAMILTON**, will my beastly drum major skills to **CODY MITCHELL.**

I, **SORIYA LOEURNG**, will my ping-pong ball to **MIKEY BROWN.**

I, **JENNIFER VONG**, will my pep-"e"-ness to **RILEY FISHER.**

I, **MADISON KASPER**, will my amazing double twist baskets to **GABY PALACIOS.**

I, **JONATHAN MOM**, will my intelligence, along with my good looks, (people told me to put that) to **NATHAN KOUAGNVAN.**

I, **KAYLEE WHITE**, will my awesome randomness and ability to pass classes at the last minute to **JACOB WHITE.**

I, **CEERIA BECKISH**, will my ability to talk my way out of everything to **DEVIN BECKISH.**

I, **NICHOLAS WOODARD**, will my ability to constantly miss class and still come out with at least a "B" to **NATHAN MANN.**

I, **KAITLYN CARPENTER**, will my love of reading and my "Hot Rod" lingo to **WHOEVER LOVES ANDY SAMBERG AND WOULDN'T MIND LIVING IN A BOOK STORE.**

I, **DORIAN BALLENTINE**, will my quarterback talent to **XAVIER JAMES.**

I, **BUDDY BELIEL**, will my basketball skills to **CAMERON YOUNG.**

I, **ALEX REYNOLDS**, will my ability to succeed at school, have a crazy social life, and always point out the littlest mistakes without trying at all to **ZAK JONES.**

I, **HOLLY MEYSENBURG**, will my teacher's trustworthiness (even when I'm lying) to **NGOC CAO.**

I, **TROY CHANDLER**, will my advisory teacher, Lynn Hoff, to **ALL UNDERCLASSMAN.**

I, **BEN SIGMUND**, will my ability to know when to stop talking to **CONNER KOURI.**

I, **ADAM ELSINGA**, will my improvisational greatness and ability to half @$$ everything to **KYLE DOUGLAS THOMSON.**

I, **ZACH BENNETT**, will my bags of skittles and taste of the rainbow to **JACOB CARLSON.**

I, **SUSAN NGUYEN**, will my amazing English B.S.-ing skills to **JACKSON NGUYEN.**

I, **LAN NGUYEN**, will my perfect handwriting to **HELEN DAO.**

I, **NADIA TYLER**, will my loud and obnoxious behavior to the computer in yearbook to **THE FIRST PERSON TO THROW THEIR COMPUTER OUT OF THE WINDOW.**

I, **DALLION HITES**, will my dollar to **ERNESTO MARTINEZ.**

I, **JONATHAN BALES**, will my musical abilities to **REBECCA DAVIDSON.**

I, **BRIA JOHNSON**, will my incredible charm to **ALICIA JONES.**

I, **MISSY MORTON**, will my indestructable silver jazz shoes to **KARA MAUK.**

I, **RYAN KHOUNLO**, will my "swag" to **JOVI MOM.**

I, **ARIEL BYERS**, will my loving attitude even when I'm half asleep to **BREONA CARROL.**

I, **TYLER ROUNDS**, will my undoubtable awesomeness to **JOSH ROUNDS.**

I, **MEGAN ROWAT**, will my piano skills to **BRENNAN LAWRANCE.**

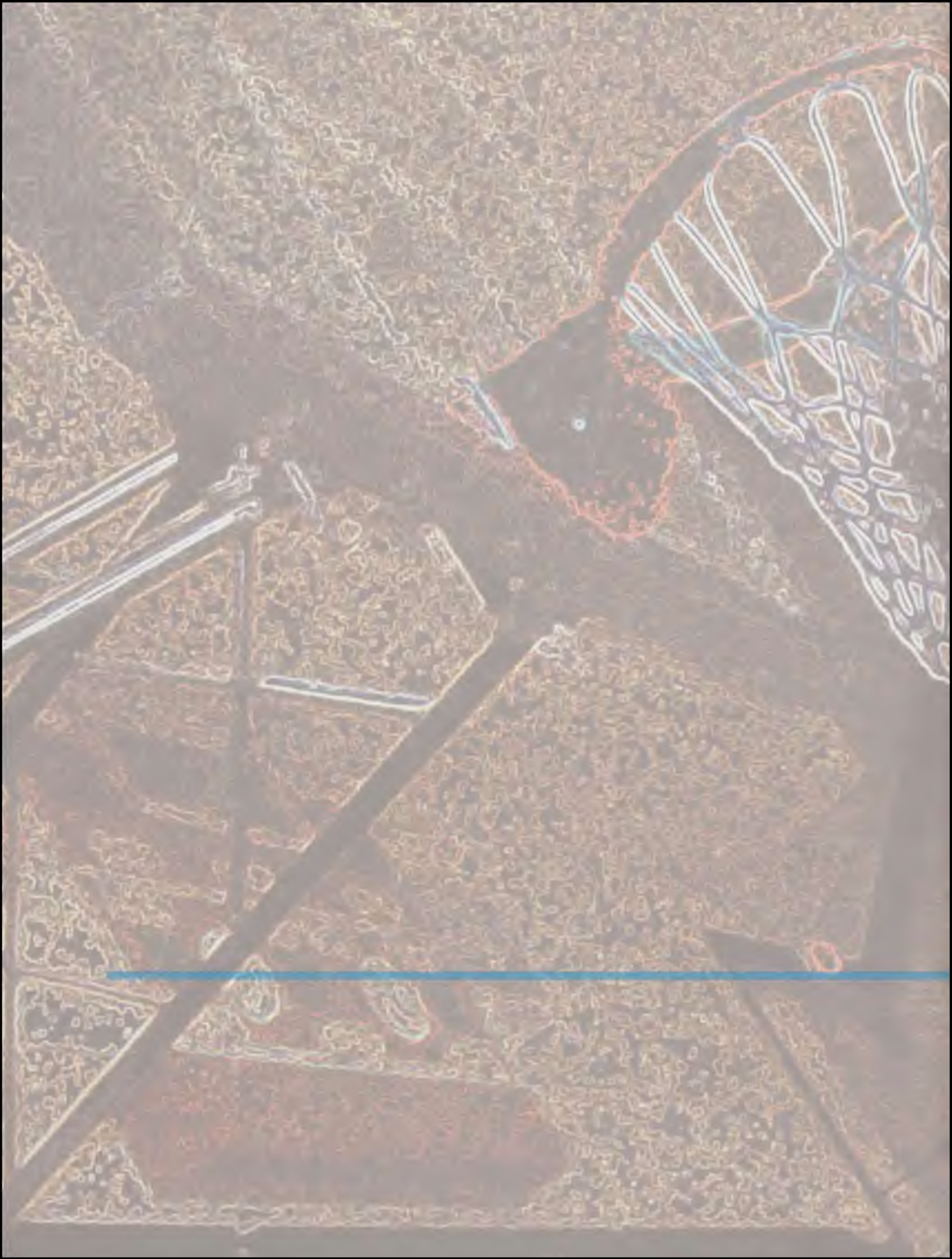
I, **MATTHEW LOR**, will my fohawk to **ALL YOU ASIANS.**

I, **TAYLOR MILLARD**, will my Johnson and Johnson No More Tears shampoo to **BROCK MAXWELL.**

I, **RICARDO LEANOS**, will my soccer skills to **JESUS ZAMBRANO.**

fan mail

I mean I appreciate fan mail and that the people like what I am doing but I can't answer it. If I would answer 25 letters a day I would be just a guy answering mail and not an artist anymore.
-Henry Rollins



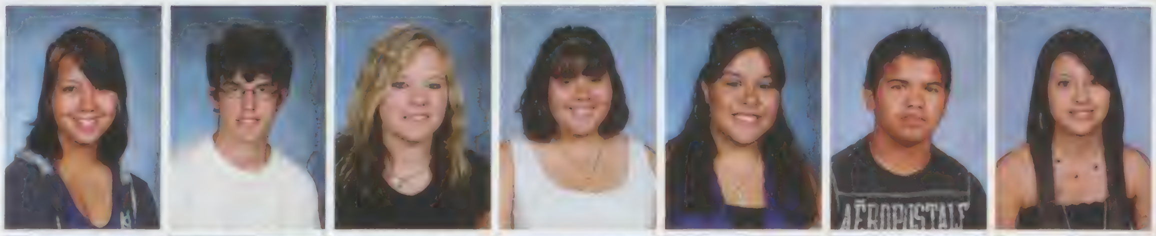
fan mail

My fan mail is enormous. Everyone is under six .
-Alexander Calder

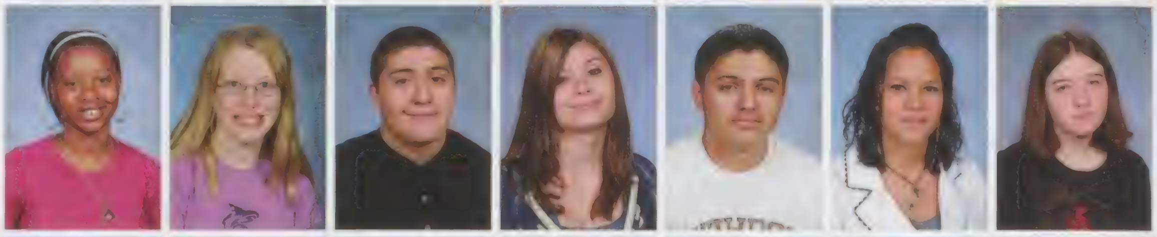
JUNIORS

2011

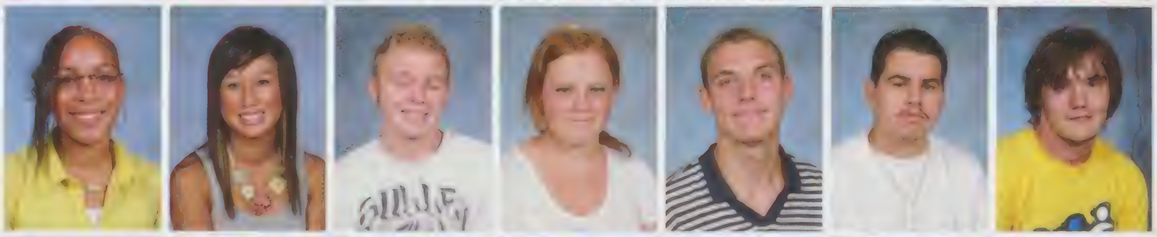
Alexis Ahmed
Thomas Allen
Taylor Allgeier
Mireya Alvarez
Yesenia Alvarez
Jorge Amaro
Carina Ambriz



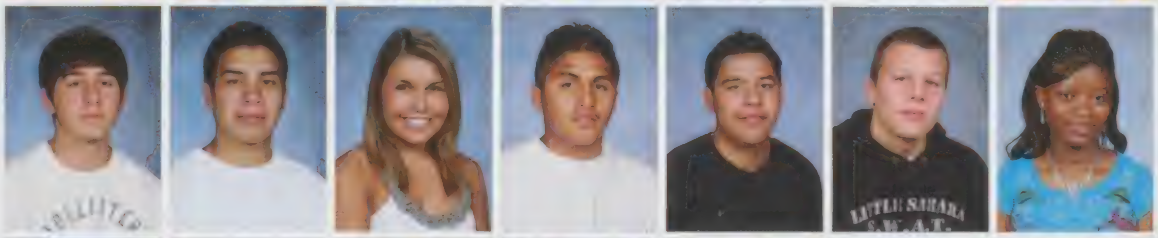
Tellah Amos
Rachel Anderson
Timothy Anderson
Jessica Archer
Juan Arellano
Marina Arredondo
Hannah Aschan



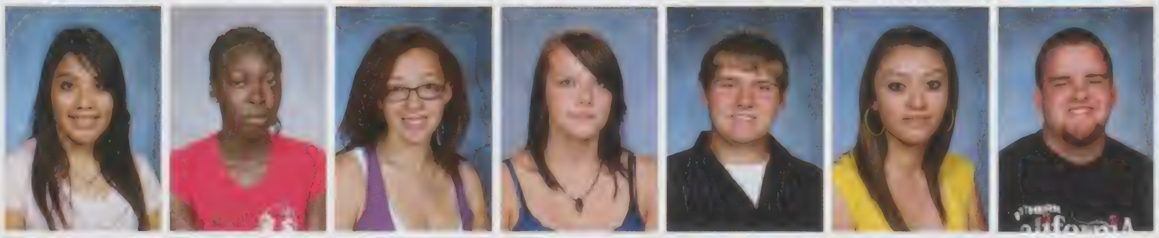
Shabree Austin
Brenda Baccam
Treynor Baker
Kaylia Balliet
Richard Baltzley
Omar Barberena
Eric Beattie



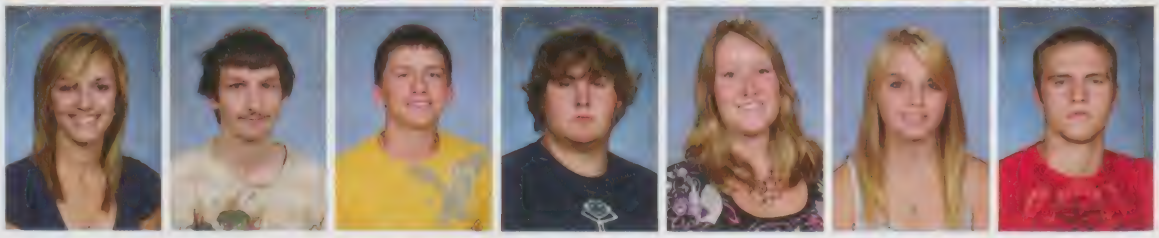
Robert Beerbower
Raymond Benitez
Vancy Bergan
Erick Bernabe
Cesar Bernal
Dylan Bevington
Filicia Beyam



Adriana Bibian
Nyador Bilim
Taylor Bimbi
Lauryn Bishop
David Blacksmith
Cynthia Blanco
Phillip Boggs



Elizabeth Bolten
Luke Boner
Kyle Bosley
Kody Boyle
Mariel Bradford
Alyssa Brandt
Zakkary Brannen



Everyone is born, but not everyone is born the same. Some will grow to be butchers, or bakers, or candlestick makers. Some will only be really good at making Jell-O salad. One way or another, though, every human being is unique, for better or for worse.

- From Matilda

Zachary Brewer
Chelsea Brickles
Travis Briley
Michael Brown
Stacie Brown
Travers Brown
Katie Bruno

Brandon Bruscher
Chante Buckner
Robert Buell
Caleb Bunnell
Nathaniel Burnett
Dillon Burns
Devin Butler

Jumanni Butler
Alontae Butts
Shronda Butts
Ashley Byrd
Kodey Campbell
Miranda Cantrell
Travail Carothers

Breona Carroll
Ronald Carter
Brittney Casey
Dashawn Cason
Shannissy Catron
Brishaiya Chamliss
Na'day Chandler

Kensie Channon
Dazaundra Chatwood
Fahid Chaudhry
Marna Chotkuach
Andrew Christian
Friday Chuol
Jordan Cirksena

Brittney Clark
Montez Clark
April Clements
Samantha Coglizer
Celeste Colunga
Ciera Cone
Craig Conkel

Antonio Contreras
Emily Cook
Krysta Cook
Mckenzie Cook
David Cordero
Jesse Cortez
Kenneth Cortum

Michael Cory
Anastasia Cowles
Matthew Crane
Alexis Cross
Ashley Cruikshank
Carolina Cruz
Lizet Curiel

Brittany Dabney
Zachary Dagnillo
Jeffrey Dale
Cedric Danilson
Rebecca Davidson
Logan Davis
Soni Davis

Trenton Davis
Katy Dearinger
Jason Deaton
Ashley Deboer
Mani Deng
Alyssa Denning
Wendy Diaz

Jonathan Drake
Kristopher Duff
Jessica Duncan
Joseph Dunn
Johntia Edwards
Emmanuel Egbadon
Breann Elgin

SPIRIT PARADE

East Athletic Director Ric Powell had held a parade at another school and decided to give it a try it at East High School. The East Drumline led the cheerleaders, football players and coaches up and down steps and through the halls of the main building and the Walker building before the Dowling game at the end of October.

Students and staff stepped from their classrooms to show their support and cheer on the team for their match up with the Maroons.

The parade ended in the cafeteria where players and coaches spoke to inspire the crowd. The event concluded with the marching band playing the school fight song.

Two of the three local television stations were on hand to cover this event. The support and pride of East High School was with our Scarlet football team.

EAST
10
EAST
60
6
EHS

Evan Ellenwood
Amanda Ellis
Andrew Ellis
Esteban Ellis
Veronica Estrada
Jakob Etter
Cherae Evans

Richard Evans
Justin Farnsworth
Megan Faulkner
Mollie Fessler-Boylan
Codey Field
Justin Fiscus
Kelly Fisher

Jacob Formaro
Lindsay Freeman
Maranda Froehle
Jackie Fudge
Destiny Fuller
Nijay Gaines
Victoria Gama

Jesse Gering
Dustin German
Kelsey Gile
Alexander Glenn
Vanessa Gobb
Dylan Gogerty
Nicole Gomez

Elizabeth Gonzalez
Luz Gonzalez
Marco Gonzalez
Martha Gonzalez
Nancy Gonzalez
Deja Greene
Austin Griffin

Nicholas Griffin
Maria Grimm
Nicholas Grochala
Matthew Grover
Unique Grover
Iris Guerrero Nieto
Keshawn Gully

Marvin Gutierrez
Maleny Guzman
Miles Hackett
Ryan Hadley
Sandra Hadley
Nick Hall
Rachael Hall

Ezekial Harerimana
Jamie Hargis
Raymond Harless
Thomas Harrington
Deonta Harris
Pennylee Harris
Davon Harvey

Kevin Harvey
Heather Hass
Deon Hayes
Marquaisha Haygood
Ryan Heckethorn
Vanessa Henriquez
Anthony Henry

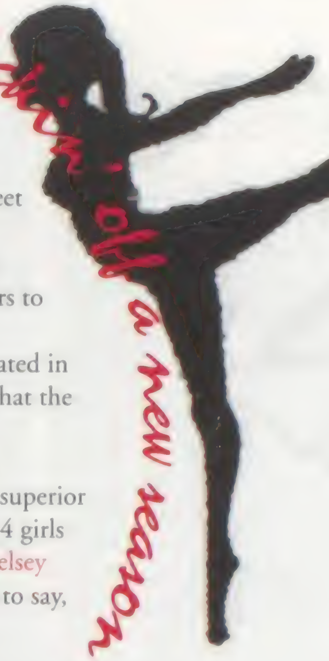
Emmanuel Hernandez
Orlando Hernandez
Leanna Herndon
Melissa Heuton
Taylor Higgins
Amber Hill
Amy Hills

Kathrine Hines
Sadie Hines
Kaley Hodge
Steven Hollingshed
Christopher Hollingsworth
Krystina Holmes
Jarred Hoover

Tyler Horn
Nicole Hoskins
Jonathan Houghton
Anthony Howard
Say Htoo
Wah Htoo
Keayla Hughes

Shamarea Hughes
Marquise Hunter
James Illingworth
Chanthiphone Inrachavongsa
Taylor Isbell
Amanda Jackson
Shelby Jackson

Kickin' off a new season



Over the summer, the Steppers Dance Team traveled to Iowa State University for a full week of dance.

According to Coach Christi McWilliams, the National Dance Alliance (NDA) camp was formed to meet the needs of every individual dancer.

As the week progressed, each dancer learned a total of 3 dances that ranged in different styles and took a total of 4 hours to perfect technique and style each day.

According to Coach Amanda Khodai, the team participated in 4 competitions. 1 of those competitions was based on a routine that the team brought from their school.

"Many awards were brought back with the team," said McWilliams. "As a group we received a most improved award, 3 superior (1st place) ratings, a technique award, and a spirit stick. We had 4 girls become All-American nominees, but only one was a winner. Kelsey Kennedy was also one of the three top gun winners. Needless to say, the girls made everyone proud."

Corey Jacobe
Heather Jensen
Kirk Jensen
Cody Johansen
Tricia Johnson
Wesley Johnson
Samantha Jones

Zakary Jones
Lucas Jordan
Thania Juarez
Zulu Karlar
Andre Kase, Jr.
Jacob Kellow
Onyinye Kemdirim

Kelsey Kennedy
Skyler Kernes
Chelsea Kesavadhana
Brittany Killen
Maxwell Kirk
Dawn Kline
Brittany Knuths

Jordan Kouangvan
Conner Kouri
Tekpo Kpor
Halea Kuhns
Sharnae Lamar
Cody Lawson
Ya Lee

Emmett Lehman
Megan Lein
Cassandra Lemthi
Amber Lewis
Austyn Lewis
Janae Lockhart
Scott Loftus

Alan Logsdon
Alexis Lopez
Michelle Lovett
De Marco Lowery
Desirie Luong
Luong Mac
Matthew Malloy

Royonah Marble
Ernan Marquez
Jose Marquez
Edgar Martinez
Steven Martinez
Peter Mattes
Kara Mauk

Brock Maxwell
Derek McCulley
Alina McDaniel
Alyssa McDaniel
Leroy McDonald
Thomas McElvogue
Briana McGhee

Kyle Mechem
Anastasiya Melnik
Victor Mendoza
Dezirae Mesta
Deziree Mesta
Cody Michael
Christopher Midthun

Alberto Millan
Juan Miramontes
Juana Miranda
Cody Mitchell
Kacie Mongar
Jairo Morales
Jennifer Morales

Joshua Moreno
Lauren Morgan
Caleigh Mormann
Austin Morton
Dre Mier Muhammad
Josue Murillo
Jerzie Murray

Raymond Music
Jordan Nail
Dillon Nall
Shawn Naylor
Enock Ndabigengo
My Nguyen
Ngoc Nguyen

Nhu Nguyen
Danyal Nokes
Yeanye Norgbean
Timothy Novak
Kody Ollin
Taylor Olson
Christopher Ordaz

Academic Letter Ceremony

One of the highest honors a student can receive in high school is an academic letter. This shows the hard work and effort put into the school year.

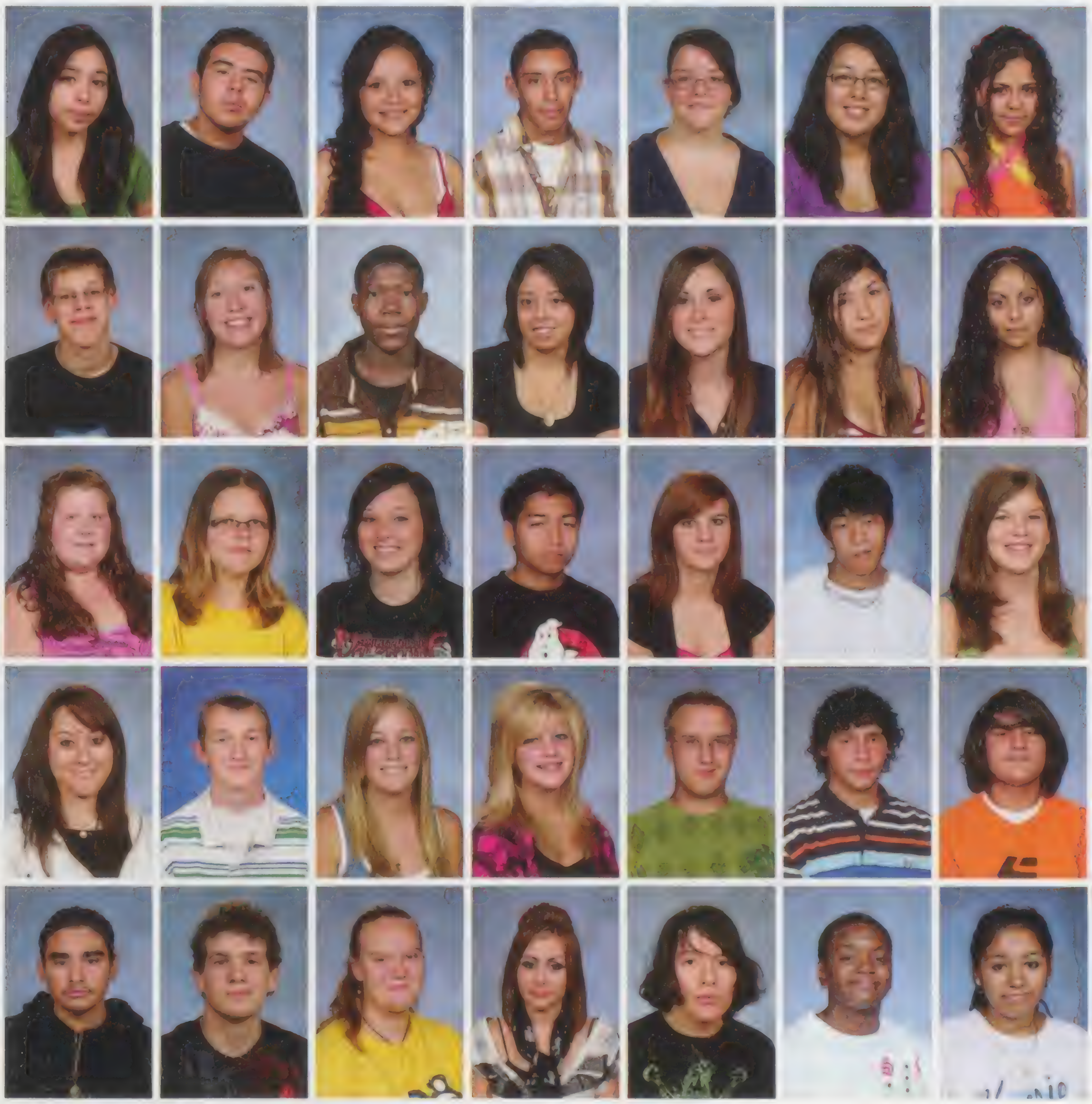
"I think it's really great that the students get recognized and awarded for their hard work," said parent Christine Blacksmith. Both her daughter Heather and son David earned letters this year.

A ceremony was held November 16 at 7 p.m. for all students to be recognized for this achievement. Students must maintain a 3.5 grade average or higher for both semesters to qualify for the award.

"It's pretty easy to keep your grades up; it's the classes like chemistry and AP courses that might make you struggle," said senior Kayla Wisnousky.

Speeches were made by Principal Mike Zelenovich and a class speaker, then students were announced to walk across the stage to accept their letter. Afterwards, everyone gathered in the hall for snacks.

"It was cool to be chosen to speak. It was a nice experience," said senior Zach Flickinger.



Anjelica Ortega
Emmanuel Ortega
Yvette Ortega
Mario Ortega-Torres
Alexis Ortiz
Michelle Ortiz
Brenda Paredes

Andrew Parsons
Jessica Pauscher
Henry Paye
Lizbeth Paz
Cheyanna Pepel
Cindy Perez
Carmen Perez Cortez

Danielle Peterson
Taylor Pettit
Joelle Peugh
Scott Phanphasy
Sarah Phillips
Cody Phommavong
Danielle Piatt

Karla Pina
Edward Powell
Ashley Prettyman
Heather Prettyman
Payton Pringle
Austin Quintana
Alejandro Ramirez

Marcelo Ramirez
Errik Rasmussen
Tiffany Rattray
Erika Raygoza
Ricardo Raygoza
David Reasby
Janet Reaza

Gabriela Renderos
Joselin Reyes
Ulises Reyes
John Reynolds
Tera Rhoades
Iesha Ridding
Kelcie Riesterer

Russell Riggan
Kelsie Ring
Jenna Ringler
Austin Ripperger
Sheldon Robinson
Katie Rockey
Hever Rodriguez

Joanna Rodriguez
Lupita Rodriguez
Ramiro Rodriguez-Avila
Louis Rodriquez
Nicolas Rojas
Aaron Rosales
Crystal Ross

Nicholas Roth
Peyton Rowe
Madison Ruge
Amanda Rush
Hollie Russett
Zane Rustan
Alma Salas

Breezie Saldana
Dalila Salgado-Ocampo
Nuradin Salim
Olivia Sandoval
Rebecca Sandoval
Nicholas Savage
Megan Say

We The People

Since 1987, teachers and students have come together to learn, understand, and debate the material within the Constitution. For the past few years, Stanley Thompson, an American History and Government teacher, has taken students from his advanced classes to participate in this competition locally and nationally. Thompson makes sure the students that he allows participate are bright, hard working, and dedicated to the program. This year there were approximately 16 students that participated in this event. The students met altogether every Thursday before school at 7 and had to practice countless times in their assigned groups throughout the week. On November 23rd, these 16 students went to the Marriot Hotel where they presented their take on the constitution in four minutes and were questioned on their knowledge by judges for six minutes. After all the students from the different schools were done being questioned, they met altogether to have lunch while the judges deliberated. Although the students weren't able to attend the national competition, they did their best, represented East High and came in third place locally.

Group waiting for judges

Judges asking the team questions

Natasha Schoborg
Michael Schuler
Chelcie Scott
Breana Scroggins
Jeffrey Searcy
Josephine Sease
Chad Sepich

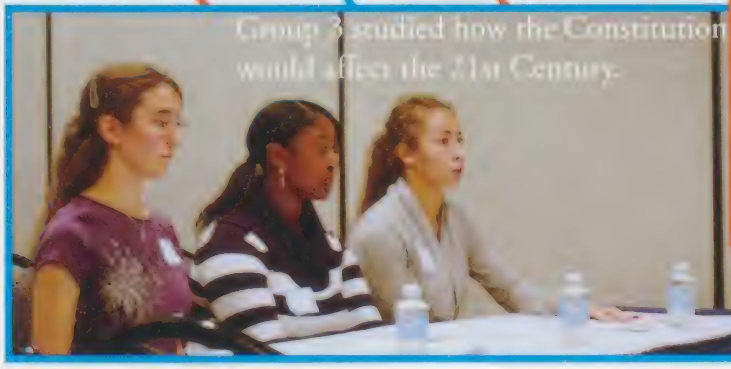
Mary Sergio
Till Matte Scutter
Danny Shannon
Zachery Shelburg
Alexander Sibert
Nathina Simonton
Adrienne Slothouber

Shelby Sly
April Smith
Jacob Smith
Mason Smith
Matthew Smith
Samantha Smith
Tyler Smith

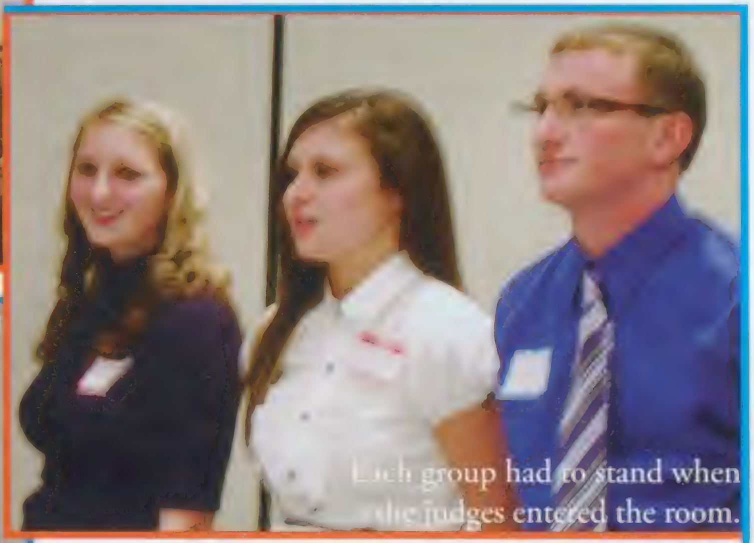
Helen Snyder
Walee Soe
Zuleyma Solis
Devin Sorter
Anthony Soto
Alyssa Soulinthavong
Kevin Souvannasanh

Donivan Stevens
Megan Stevenson
Phillip Stewart
Aubrey Stith
Maressa Stonebocker
Amanda Stougard
Donald Stuart

The team had some time to relax before each group presented.



Group 3 studied how the Constitution would affect the 21st Century.



Each group had to stand when the judges entered the room.

Tyler Sturgeon
Cheryl Sweet
Alexander Syhavong
Terez Taylor
Thomas Teav
Madison Tedrow
Cynthia Terrazas

Brian Terrell
Matthew Thacker
Tanner Thacker
Choua Thao
Rachael Tharp
Lomyenh Thiphayothin
Mathew Thompson

Timmesha Thompson
Tyler Thompson
Cody Tiano
Mitchell Timm
Corey Titus
Santiago Torres
Anh Tran

Leeanna Tyer
Marcela Valdez
Jordan Vanderploeg
Katelyn Vanearwage
Vayeeleng Vang
James VanZee
Yesenia Vasquez

Jenny Vigil
Kelsey Waits
Tory Walker-Zepeda
Charlesetta Ward
Amanda Watkins
Lindsey Weatherly
Mckenzie Wedig

Jessica Wehrle
Katie Weltzheimer
Cody West
Cameron White
Jennifer Whitney
Alexandrea Whitten
Alexus Wiand

Blake Wilkinson
Kaleen Williams
Madison Williams
Tanisha Williams
Timothy Williams
Blade Willson
Austin Wilson

Brandi Wilson
Jerry Wilson
Shelby Wilson
Kayla Woodhall
Ryan Woodson
Charlene Woolson
Daniel Worthington

Allan Wright
Markisha Wright
Stephanie Yang
Brooke Young
Kaci Young
Jesus Zambrano
Rosa Zarate

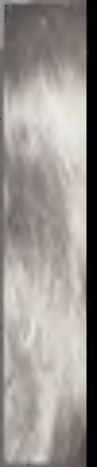
Alexandra Zermeno

Camera-shy

Brian Banegas
Jonathon Bennet
Amber Bishop
Dalas Blakely
Britt Devin
Joshua Bullington
Jeffery Byrkett
Joshua Carmody
Donald Carolus
Dvan Chappell
Timothy Clark
Dalton Colby
Samantha Conn
Edwin Coreas
John Determan
Gabriel Diaz
Ronni Dille
Carlos Estrada
Antonio Evans
Michael French
Jahmal De'Mario Gant
Matthew Gering
Sandra Gonzalez-Gonzalez

John Green
Tyler Hart
Treassa Haus
Haley Hols
Joshua Ladurini
Carolett Leyva
Edgar Lopez
Hakeem Love
Joshua McClaran
Tina McConnell
Miguel Mireles
Richard Morris
Shawn Murphy
Paul Palmer
Susanna Parra
Keayla Perkins-Howard
Daland Sanders
Khadjiah Tucker
Keith Wessel
Candace White
Diaionesse Woods
Devonte Young

iDistract



With all of the new-age technology that's developing in the 21st century, it's a wonder why and how anyone can get their work done. Cell phones, internet, television, and iPods…were these all invented just for the purpose to distract us?

Suite101.com reports that "the technologically-advanced and tempting ways students can ignore their academic obligations have skyrocketed!"

Math teacher Linda Nemmers said her biggest pet peeve about the technology in class is texting because students are "paying more attention to the next text than to what I'm teaching."

Many teachers have noticed the number of students caught with cell phones or iPods out during class has increased.

However, some students see the new technology as a benefit for their working habits at school.

"I've noticed that I seem to get my work done faster when I'm listening to music," said junior Mandy Stougard. "I work with the pace of the music and it makes class more enjoyable."

Even the internet is beneficial now, despite popular networks like Facebook and Myspace; known for their games and instant messaging.

"On one hand, you can use Facebook to chat with friends about homework to get help," said junior Kirk Jensen, "but at the same time you might be taking your focus off your homework and just start to gossip."

Procrastination has been put to blame for causing teenagers to get off-task while they're trying to finish homework. Why can't we ignore the temptation to blow-off our required work?

"I think teens procrastinate because they're lazy," said senior Jennifer Vang. "Besides, homework isn't all that fun anyway."

"Many teens procrastinate because they aren't challenged enough in school. Most of us are used to not doing anything until the last minute and still getting A's," said Jensen.

Some of these self-proclaimed procrastinators don't see the harm in waiting to get work done.

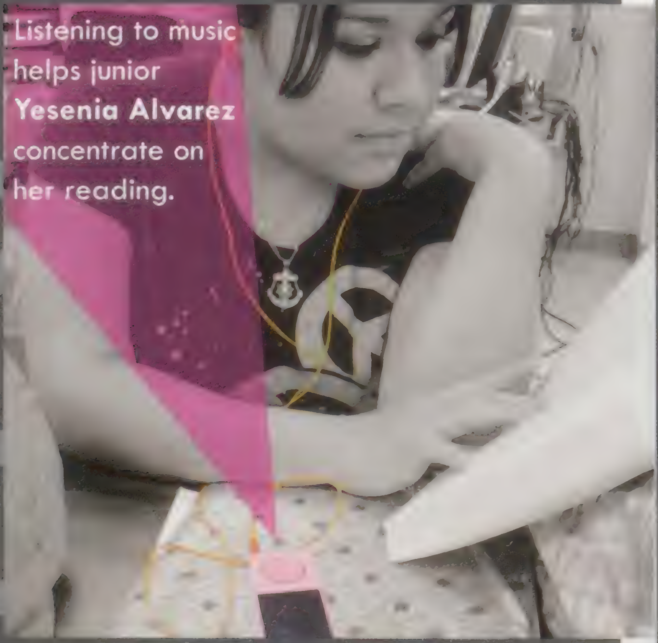
Junior James Illingworth said teenagers have "better stuff to do, friends to hang out with, and TV to watch."

This generation has absolutely no tolerance for boredom.

"Procrastination feeds on distractions. Most people find it uncomfortable just to sit and do nothing; you avoid work by doing something else," said internet essayist Paul Graham.

Times have changed, technology is becoming more advanced, and each year there seems to be a technologic breakthrough with Mac's iPhone or PC's Windows 7.

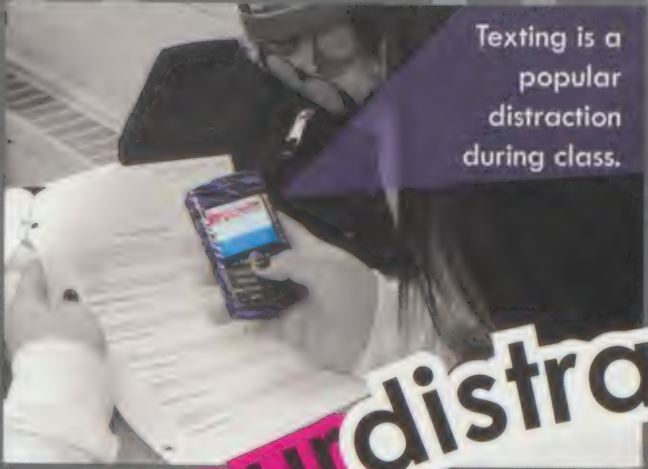
"Back when I was in high school we had pay phones," said Nemmers. "We didn't exactly have them with us in our purses."



Listening to music helps junior **Yesenia Alvarez** concentrate on her reading.

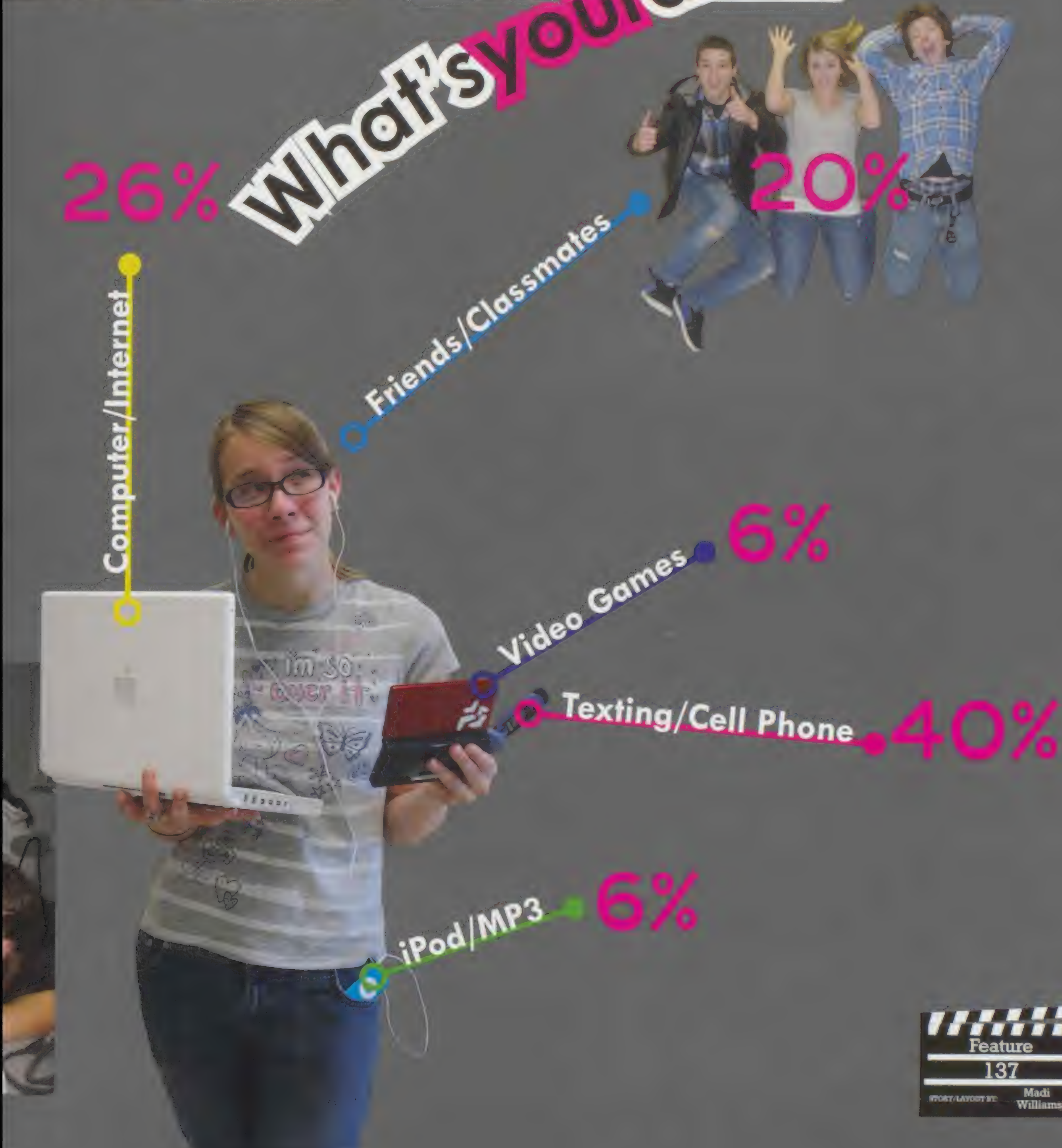
Junior **Jackie Fudge**'s friends try to get her attention.

A student sneaks a peak at her MySpace mailbox.



Texting is a popular distraction during class.

What's your distraction?



STORY/LAYOUT BY: Madi Williams

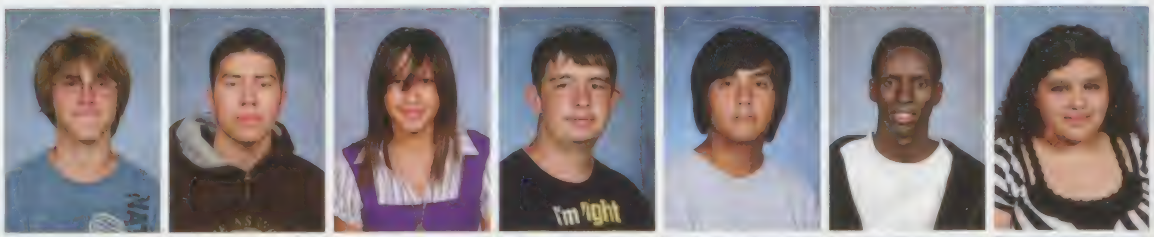
3-3

fan mail

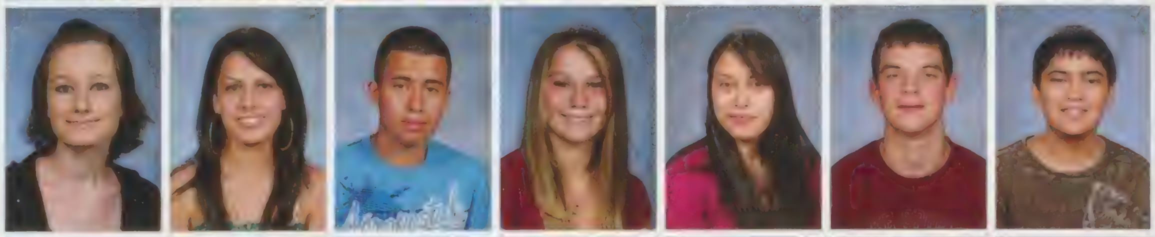
I don't know if I'm a heartthrob or if I want to be one!
I heard that I get the most fan mail. It's very flattering,
and lovely to be popular with the public.
-Christopher Parker

SOPHOMORES

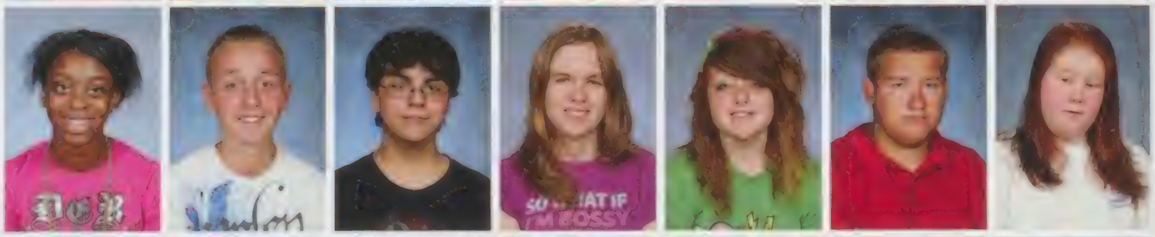
2012



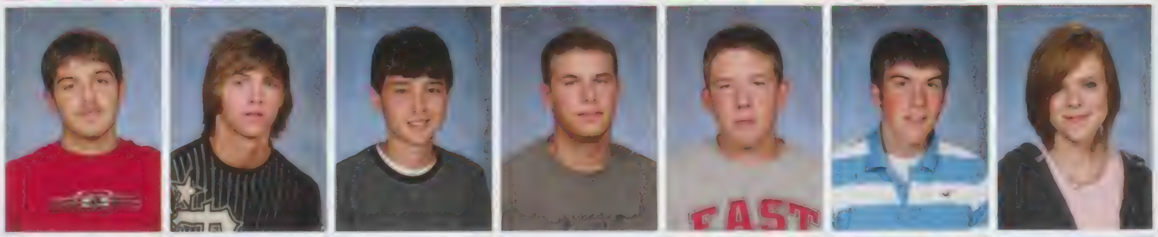
Jordan Abeling
Manuel Acosta
Julia Aguilar
Austin Ahl-Jones
Tyler Ahmed
Omwjok Akol
Jennifer Alarcon



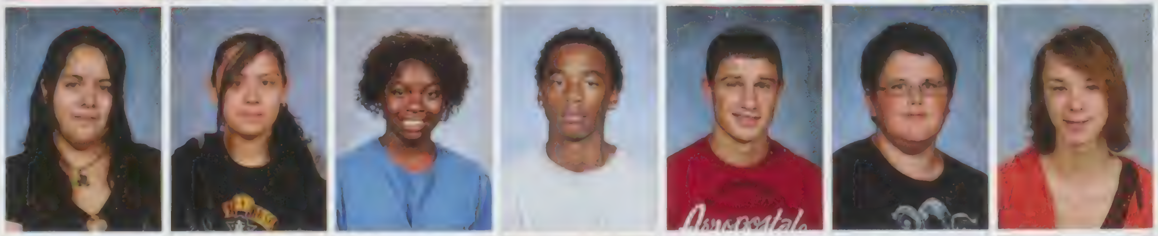
Irelan Allen
Liset Alvarez
Oscar Alvarez
Taylor Anderson
Evelin Andrade
John Andrews
Martin Arredondo



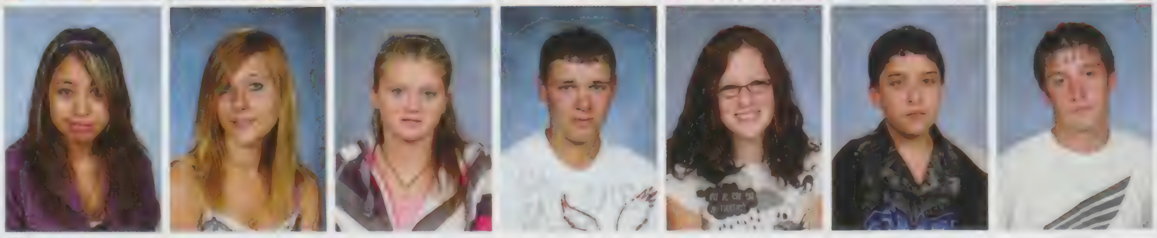
Rachel Avant
Riley Bacon
Andy Bahena
Megan Bailey
Amber Baker
Travis Bales
Laycee Barnard



Travis Barr
Dustin Barrett
Tyler Barsetti
Matthew Basham
Travis Bass
Jordan Bates
Ashley Baumgardner



Ariana Bautista
Milagros Bautista
Lynn Beasley
Devin Bekish
Austin Bellis
Zachary Benevento
Julie Bentley



Luz Bermudez
Kasie Blaine
Paige Blair
Benjamin Bolten
Hailey Boman
Javier Bos
Colton Bostwick

"I don't know if we each have a destiny, or if we're all just floating around accidental-like on a breeze. But I think maybe it's both. Maybe" both are happening at the same time.

-From Forrest Gump

Taylor Bougher
Robert Bowman
Cheryl Branson
Joshua Brawdy
Ashley Brooks
Matthew Brouwer
Ashley Brown

Cody Brown
Donte Brown
Raeniece Brown
Raymond Brown
Stephen Brown
Rosa Brumfield
Caitlynn Bruscher

Philip Bui
Brandon Burk
Katherine Burns
Damon Buttrey
Justus Buttrey
Jose Calderon
Joycelin Calderon

Catlin Caldwell
Alex Calkins
Kayla Cam
Cristian Camacho
Ngoc Cao
Tania Cardenas
Kami Cardines

Melissa Cardines
Jacob Carlson
Andrew Carroll
Brooke Casey
Katy Casey
Conner Cashatt
Travis Cavan

Maria Ceballos
Ricardo Ceballos
Ashley Chang
Derek Chapman
Juanita Cherry-Jones
Demetrius Chestnut
Joel Christiansen

Mach Chuol
Emalie Cipale
Mitae Clayborne
Jama Clayton
Jeremy Clearwater
Caleb Conner
Edgar Contreras

Jose Contreras
Vanessa Contreras-Colung
Nathan Cort
Kaitlin Cortez
Ruth Covarrubias-Tole
Aaron Coyle
Melissa Craig

Cody Crane
Lindsey Cronk
Emma Cross
Whitney Culp
Alexes Cummings
Blake Cunningham
Jacob Cunningham

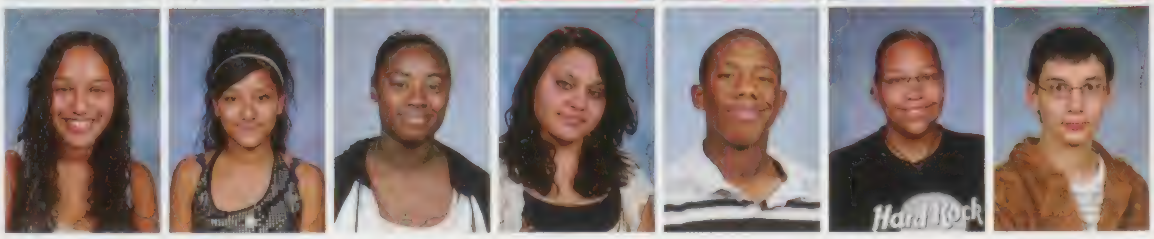
Shelby Curry
Courtney Custard
Sky Dale
Curtis Dantzler
Alexandra Davis
Barbara Davis
Fatima De Avila

Jocelyn De Avila
Simon De Avila
Melissa Deerr
Manuel Delgado
Nyachudier Deng
Sharayah Devick
Jesenia Diaz

Razaz Dieu
Bob Doan
Aldo Dominguez
Diana Dominguez
Amanda Doyle
Austin Dueling
Karisha Duff

Zackary Dunn
Sovanny Ear
Zachary Eddinger
Dominique Edwards
Jeanne Edwards
Caitlin Ely
Karina Esparza

Alyssa Espinoza
Gladys Espitia
Tyteana Estes
Anabel Estrada
Daniel Evans
Tenea Fabray
Joshua Falcon



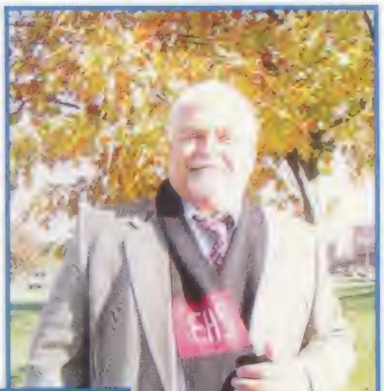
Spanish Scarves

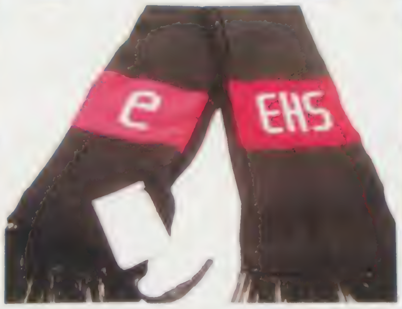
Every year, the students in Spanish Club try to come up with new and different things to help educate the school and community about the Hispanic culture. In an effort to do something new, the students in Spanish Club along with Spanish teacher, Linnea Morris's AP Spanish IV and V class, sold authentic el paca sweaters sown by the Naña Sisters from Peru.

There were two different types of scarves, which they sold at 12 and 15 dollars and as a treat to the alumni; they sold the scarves to them at a discounted price. On each of these sweaters, there was either an "e" or "ehs" woven into the fabric and there was also the story of the Naña Sisters and the name of the person who had woven it. The Spanish Club and Morris's class decided to have the sweaters available all through winter.

Also with being able to receive these garments, Morris's AP class was able to Skyp the Naña Sisters, interact with them, and ask questions concerning the lifestyle in their country and what they do.

For many of the students, it was their first time being able to have a conversation with a person who solely speaks Spanish. Many stated that it helped them and it was beneficial.





Paul Fausett
Bethany Faux
Summer Ferguson
Riley Fisher
Allison Fitzgerald
Michael Fitzpatrick
Sarah Fitzpatrick

Anna Flickinger
Gregory Flippo
Scott Folsom
Hannah Ford
Kayla Ford
Deanna Fox
Lloyd Frank

Benjamin Frazier
Alissa Frey
Heather Fulford
Skylar Funderburk
Cynthia Gallardo
Samantha Garcia
Tyrod Gardner

Brandon Gerke
Zachary Gibson
Connor Gish
Melissa Godoy
Calista Gomez
Taylor Gomez
Oscar Gonzalez

Jacob Gracey
Richard Graham
Katelynn Green
Samantha Green
Kara Grett
Jessica Grochala
Zachary Gronewold

Alexander Gross
Paige Groves
Kennita Grutel
Deontazsha Gunn
Joshua Hague
Samantha Halsten
Cierra Hampe

Levi Harrington
Daniel Harrison
Omar Hassan
Zeinab Hassan
Austin Hatfield
Andrew Hawthorn
Austin Hedlund

Brittanie Helberg
Danniel Hem
Brandon Hendrickson
Cinnamon Henle
Alexander Hensley
Rosalie Henson
Coree Herman

Jessica Hernandez
Karla Hernandez
Leticia Hernandez
Manuel Hernandez
Armando Hernandez-Urzua
Sarah Higgins
Trevor Higgins

Kristel Hill
Jay Holmes
Erika Hood
Demarkus Horton
Rachel Houck
Vanada Houn
Drew Hurley

THE CANNED FOOD DRIVE

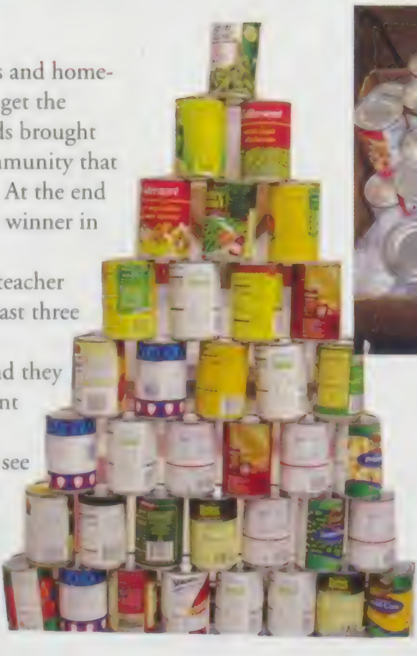
For most students at East, school is more than just class and homework. It is about giving back to the community. Students get the opportunity to do so at the annual canned food drive. Kids brought cans they had bought from their house, or from their community that they have collected and they accumulate in their advisory. At the end of the drive every advisory counts their cans and there is a winner in each grade level.

The overall winner for the 2009-2010 school year was teacher Charles Kannaple's class donating over 1500 cans in the past three years.

"We donate all of the cans to the city of Des Moines and they distribute them to different homeless shelters," said Student Government sponsor Samy El-Baroudi.

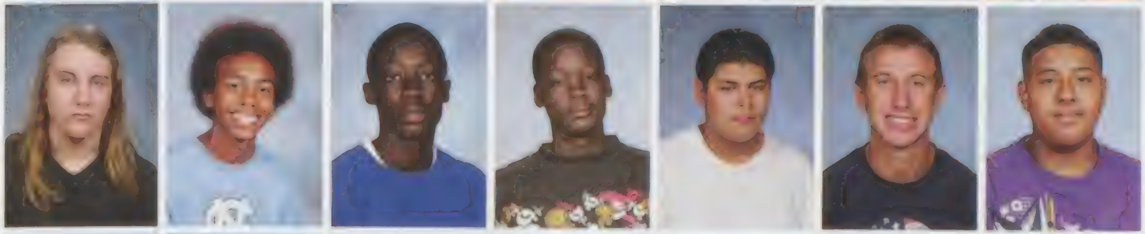
In past years East has competed with Dowling High to see who can bring in the most cans and East won. They have brought in up to 10,000 cans but this year didn't turn out as well. The school collected only a total of 1,757 cans this year.

El-Baroudi said, "Donating food to the homeless helps give students a good sense of empathy and helps teacher them to become contributing members of society."



Phillip Huxford
Mayra Ibarra-Trejo
Loanga Ingoli
Alec Inrachavongsa
Diana Inthaboune
Yessica Iraheta
Juan Iruegas

Jacorey James
Lanae James
Robert James
Ashley Jeffries
Alyssa Jernstad
Qnique Johnson
Alicia Jones



Forrest Jones
Salat Jones
Samuel Joseph
Simon Joseph
Edemir Joyas
Ryan Joynes
Mark Juarez-Martines

Cheyanne Jumper
Ramiro Jurado
Tody Karlar
Erica Kellogg
Chukwuebuka Kemdirim
Zach Kempf
Darlene Keointavong

Bryan Kern
Jessica Kincaid
Chae King
Kadijah King
Samuel Kinter
Joshua Knight
Amber Knox

Kristina Knuths
Austyne Kobrock
Shaylon Kobrock
Deserae Kofoot
Erika Kommavongsa
Toato Kpor
Michael Kreitz

Wesley Kreutz
Haley Larson
Michael Larson
Danijel Lastro
Brandon Lautenschlager
Brennan Lawrence
Kiet Le

Daniel Leanos
Jorge Ledezma
Justin Leuang
Gabriel Lewis
Zachary Lewis
Todd Little
Brandon Long

Berenice Lopez
Jennifer Lopez
Luis Lopez
Yadira Lopez
Julie Lord
Tori Lord
Valarie Lorey

Valerie Lorimor
Chantal Lowe
Maricela Lozano
Jose Lupercio Perez
Itzel Maceda
Vitaliy Makhmuryan
Nathan Mann

Esmeralda Maria-Mendoza
Vanessa Marin
Juan Martinez
Miranda Mason
Zachary Mata
Jacob Maurer
Michael Maurer

John Mburu
Casey McCartney
Darrion McCaughey
Albert McCormick
Taylor McDaniel
Nathaniel McDonald
Tanner McGriff

Ashley McMenamin
Joshua Meinke
Anel Melendrez
Matthew Mendenhall
Magaly Mendoza
Rodolfo Mendoza
Joshua Michael

Shelby Midthun
Preston Mila
Alysia Millan
Cole Millard
Josie Miller
Todd Miller
Jovi Mom

Donald Mongar
Kenzi Mongar
Neftali Montesinos
Tanner Moore
Francisco Morales
Oscar Morales-Reyes
Terrell Morgan

Michael Morrison
Jordan Morrow
Geoffrey Most
Jerame Mozee
Alisha Mullin
Jasmin Munoz
Jonathan Murillo

Cole Myers
Ashley Nash
An Nguyen
Nancy Nguyen
Justin Nichols
Kaleigh Nichols
Michael Nicholson

Jordan Niffenegger
Brooke Nokes
Stephanie Nowels
Jacob Nutt
Jeffery O"Brien
Michael Olgren
Nicholas Olgren

Brittney Oliver
Lucy Olmos
Kierra Osborn
Regina Osman
Ashley Overton
Kevin Owen
Gabriela Palacios

Gerald Palmer
Perla Paredes
Kalsa Parker
Nicole Patrick
Angela Pauscher
Dereck Pemberton
Adrian Perez

Dustin Peterson
Ravary Phaviset
Matthew Phipps
Shauna Pierce
Marco Plascencia
Dylan Pol
Cody Pollock

Stacie Post
Marilyn Potter
Christopher Prater
Kaylee Putzier
Skylre Quang
Francis Ramirez
Stormy Rand

Gillian Randall
Arthur Randolph
Landon Randolph
Dylan Rangel
Felicia Rangel
Anthaniee Ratsakanh
Levi Reasoner

Alexis Reber
Reba Reber
Jazmyne Reich
Araynna Reid
Mercedes Reynolds
Cari Rice
Jazlyn Richardson

Volley for the Cure

The East volleyball team, along with other sports teams in the Metro showed their support for the breast cancer cause during two of their season games.

"We got really cool shirts that had a number and the little breast cancer ribbons on them. We also wore pink ribbons in our hair," said junior Kaci Young.

The teams in the Metro all got special shirts that were different variations of pink so the teams could still be distinguished, but at the same time still show everyone was connected.

"It was like we were competing with the other teams, but ultimately we were all fighting for the cure together," said senior Kayla Wisnousky.

The girls played competitors North and Roosevelt in their new shirts and perhaps it will happen again next year.

"I hope we get shirts and do it again next year; it's a really nice thing to do," said junior Tasha Schoborg.

Christopher Ridout
Matthew Rinner
Rodney Robbins
Talon Robbins
Devon Roberts
Sterling Robinson
Angelica Rodriguez

Brenda Rodriguez
Ricardo Rodriguez
Rocio Rodriguez
Yeltsin Rodriguez
Noe Rodriguez-Garcia
Damon Rodriquez
Jennifer Rogers

Aubrey Roland
Joshua Rounds
Kristina Rounds
Andy Rowe
Raven Rowley
Christian Royce
Courtney Royce

Matthew Royce
Marilyn Ruiz
Alexa Rusk
Jesse Ryan
Jeanda Sakakhanone
Carlos Salas
Juan Salas

Stephanie Salazar
Ahmed Sama
Bailey Sample
Jordan Sams
Omar Sanchez
Felipe Sandoval
Ricardo SanElias

Báden
LEXUM
13
14
ADU

Larri Santos
Yanet Santos
Yariss Sauz
Chance Scott
Rene Senecaut
Arnold Sengsirivanh
Tyler Seward

THE ONLY DIFFERENCE BETWEEN YOU AND

Deandre Sharkey
Thomas Sharp
Logan Shaw
Jeremiah Shepherd
Christian Sherwood
Daniel Shoafstall
Cassandra Siders

Trista Sierra
Abigail Sigmund
Julia Sigmund
Carmen Silva Trejo
Najee Simms
Ashley Simpson
Grant Simpson

George Sims
Desaree Singleton
Jayde Sleeth
Jason Slight
Darrell Smith
Evan Smith
Janie Smith

Joshua Smith
Lindsey Smith
Alex Soloman
David Sowder
Joseph Spaans
John Spratt
Radenko Stankovic

Erin Stanley
Dylan Steben
Amanda Steines
Heather Stilson
Dominique Stone
Scott Strable
Andrew Strait

Johnathan Straley
Dillan Struecker
Shane Sullivan
Angel Summers
Shylo Sziber
Pierre Talton
Prince Tarlue

Sierra Tate
Anna Taylor
Chavia Taylor
Tajia Taylor
Danniell Terrazas
Efren Terrazas
Manuel Terrazas

David Thacker
Michael Thomas
Nicholas Thomas
Ashlee Thompson
Spencer Thompson
Kyle Thomson
Leanna Thun

Zakary Titus
Shaylyn Toelle
E'lexis Tolson
Bradley Treanor
Christian Trejo
Guadalupe Trejo
Javon Trejo

Phat Tan Truong
Amanda Tucker
Frank Tully
Aminata Turay
Brooks Turner
Shyreka Turner
Christopher Tutje

Justin Tysseling
Nicole Underwood
Wendy Uribe
Arnoldo Valadez
Nataly Valdez
Christian Valenzuela
Jessie Vance

Kyle Vanderzyl
Robert Vandyke
Lily Vangundy
Yesenia Vargas
Dalton Vaske
Lidia Vasquez
Jose Venegas

Rosa Ventura
Mayra Verduzco
Nicholas Vernon
Snezana Vojvodic
Haley Wade
Jacob Wagner
Crystal Walker

Chelsie Warren
Dylan Warrick
Jacob Waters
Emily Weihs
Rayann Wells
Markie White
Megan Whitfield

Fight for the cure

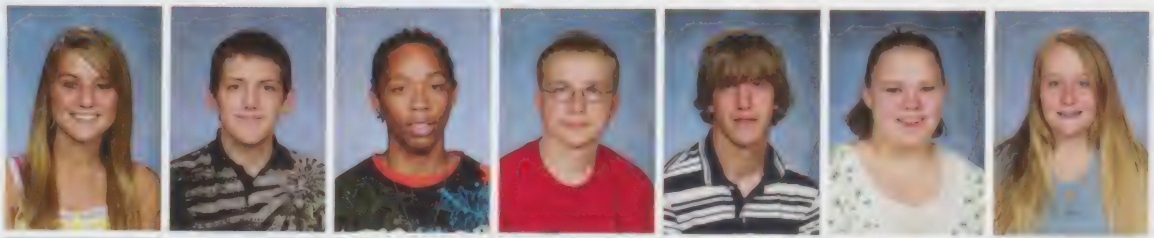
The morning of 10/24, the basketball team woke up to stand in the cold, crisp October weather. They were 10 of over 100 volunteers that morning that came to support the fight against breast cancer. The Susan G. Komen is a foundation that is leading the awareness of breast cancer and raising funds to continue research to combat this deadly disease. The girls were only informed of their duties three days before the event. They set up tables, moved them, and packed care packets for the 1k and 5k runners and some walkers. They demonstrated the value of team work and the good old Scarlet spirit.

"You continue to be those everyday heroes we look to; without you, and others like yourself this battle against breast cancer could not be confronted. You have demonstrated through The Breast Cancer Gala last fall, volunteering your support to the Susan G. Komen Foundation that you are sincere and dedicated to your pledge to support the community at large that has so richly supported you- Thank You!," said [illegible]

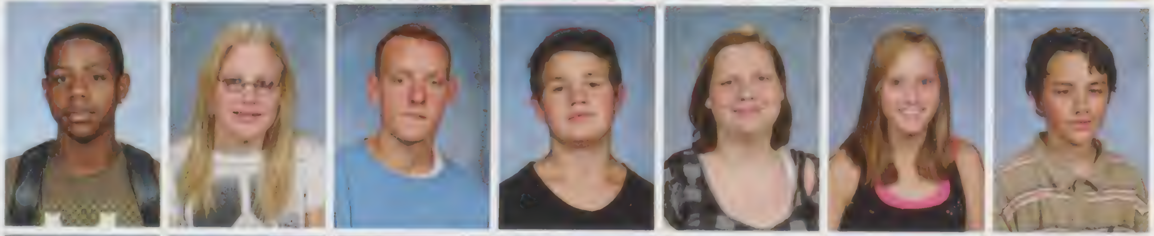
The sun started to rise and runners and walkers started to show up. Some people showed up with signs with a loved one's name; many were wearing pink. There were hundreds of men, women, and children, sometimes joined by family pets to champion the campaign against breast cancer. The Susan G. Komen Foundation gave volunteers capes to signify that it will take everyday heroes to defeat the disease.

EAST
GG
EAST
GG

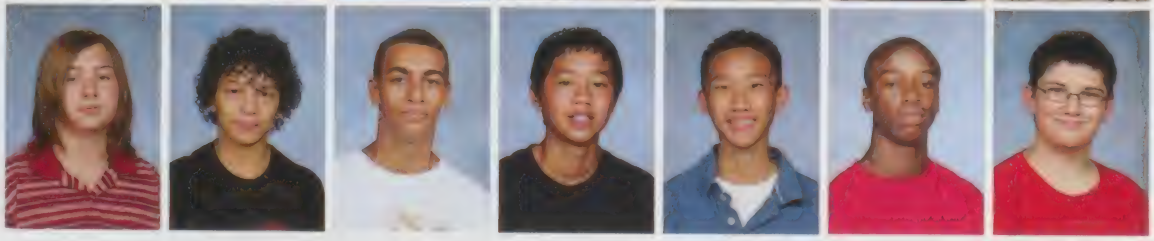
42
65
58
68
EAST
EAST



Mackenzie Whittington
Cody Wilkinson
Duncan Williams
Wade Williams
Nicklas Williamson
Brooke Wilson
Dakota Wilson



Quincy Wilson
Kaly Wolfe
Joshua Wollesen
Joshua Wood
Sadie Woods
Katelyn Worple
Anthony Worthington



Cephus Wright
David Wright
Tarif Wright
Tony Xaysana
Sonny Yang
Connadeno York
Cameron Young

FALL KICK-OFF SHOW YOUR SKILLS SEE OTHER SPORTS DO THEIR THING FALL KICK-OFF SHOW YOUR SKILLS

East High Athletics kicked off its fall season with the annual presentation featuring volleyball and football scrimmages, announcing of all athletes names, and a swimming demonstration.

Supporters filled the bleachers, gym, and natatorium to watch sons and daughters, cousins and friends be recognized and show off their skills.

"The purpose of the Fall Kickoff is to highlight each sport and for athletes to show off their ability. It also lets spectators who never attend see every sport in action," said AD secretary Kim Smith.

Many prefer this recently new way of displaying fall athletics compared to past years where participants line up and, like roll call, have their names announced. According to Smith, fall kick-off is "enjoyable, has community support, and portrays what the season may bring."

Nathan Young
Tiffany Zuniga

Camera-shy

Adriana Arellano-Gomez
Jessica Avery
Zachary Benevento
Kendra Bevington
Shakhur Browder
Darrionna Bryson
Julio Calvo
Anthony Campbell
Shaun Conn
Jorge Contreras
Dalton Davis
Jessica DeAvila
Rogelio DeLaRosa, Jr.
Ashlee Doughman
James Duncan
George Dunlap
Lacey Formaro
Taylor Fox
John Grant
Jessica Grochala
Paige Groves
Alicia Hammernick
Meredith Henriksen
Zachary Hilt
Noretha Innis
Ramello Jefferson
Chance Kinney
Joshua Knight
Nathan Kouangvan
Michael Kreitz
Ignacio Landeros
April Llano
Robert Long
Valarie Lorey
Magaly Mendoza
Terrell Morgan
Thu Nguyen
Michael Nicholson
Jorge Nungaray
Jacob Nutt
Yesenia Ochoa
Kevin Owen
Stephanie Pathammavong
Raymond Pepel
Asia Randolph
Mayra Robles
Christian Ruby
Jonathan Ruiz
Jokthiang Ruot
Alexa Rusk
Bailey Sample
Evan Smith
Gay Soe
Dylan Steben
Andrew Strait
Prince Tarlue
Kyle VanderZyl
Stephon VanDyke
Jose Villa-Navarro
Snezana Vojvodic
Jacob Waters
Rusty Wessel
Dillon Whetstine
Mackenzie Whittington
Cody Winger
Joshua Wollesen
Tiffany Zuniga

fan mail

I found through my fan mail that women...really wanted a role model .
-Donna Mills

FRESHMEN 2013

Jacquelin Alarcon
Juan Alba
Cody Allbee
Micheal Allen
Gage Allison
Juan Alvarado
Janet Alvarez

Carina Amaya
Echo Amos
Baylee Anderson
Dakota Anderson
Jacob Anderson
Jasmin Anderson
Kaitlin Anderson

Alexandros Anousis
Mayual Anyuon
Angelo Arreola
Troy Ashley
Brittney Auch
Andrea Avila
Jacob Baccam

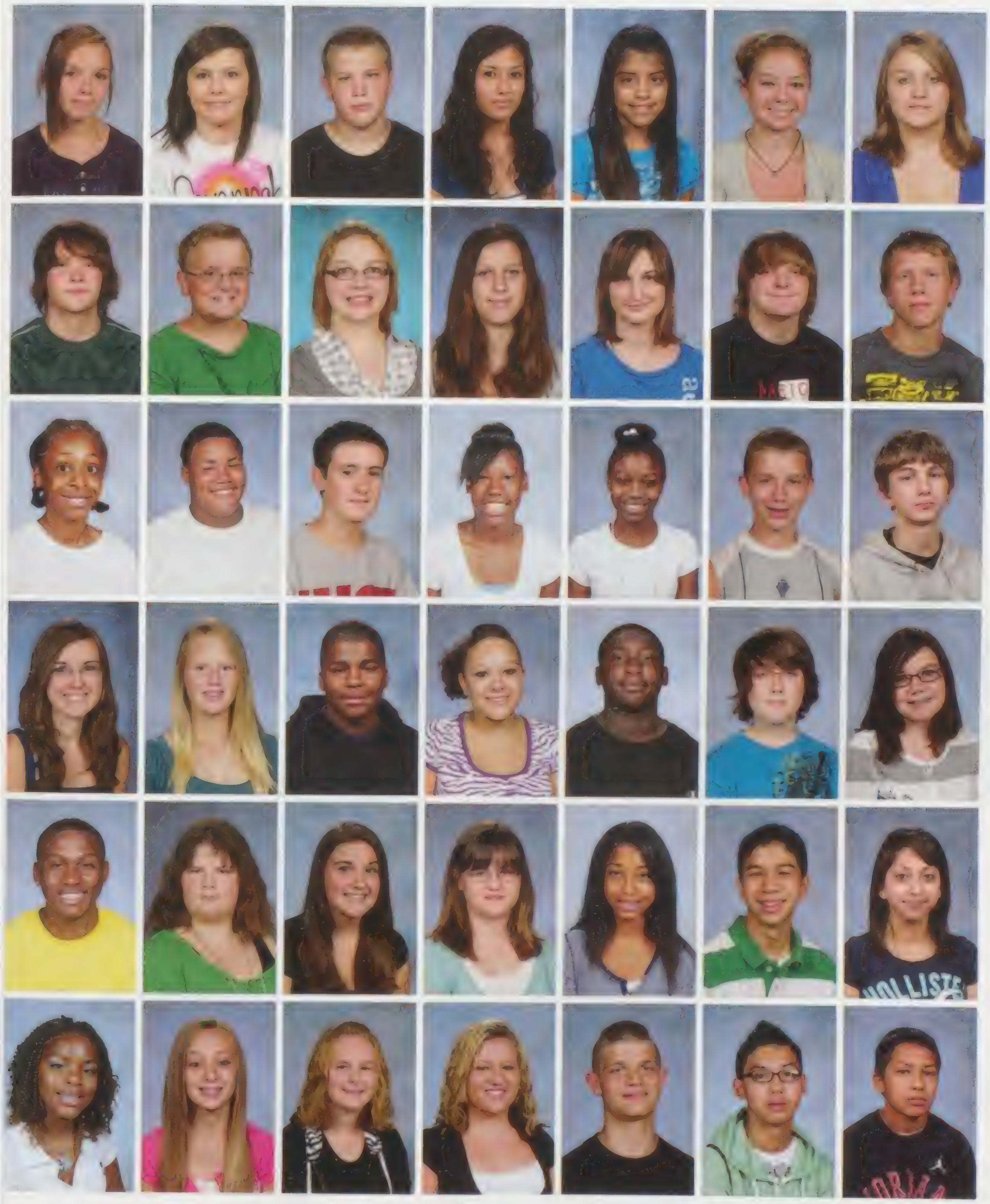
Sophie Backham
Jeromy Bacon
Joseph Bahnsen
David Bai
Hannah Bailey
Tiffany Bailey
Andrew Baires

Chloe Baker
Kylie Ball
Austyn Banks
Jeremy Banks
Johanna Banks
Josefina Barron
Manuela Barron

Kelsey Beal
Marcus Beattie
Sarah Beener
Tyler Behle
Megan Belcher
Allijah Belieu
Tavean Bell

We have so much time, and so little to do! Strike that, reverse it.

-From Willy Wonka and the Chocolate Facatory



Brittany Bemisdarfer
Savannah Bennett
Michael Bensley
Leslie Bernal-Perez
Yasmin Bibian
Bambi Bickle
Kali Biondi

Travis Bland
Benjamin Boeckholt
Chelsey Boileau
Aerial Boman
Brianna Boner
Michael Borts
Jeremy Bos

Eric Boston
Keanan Boutchee
Ryan Bradford
Tamaiya Bradford-Johnson
Jakyra Brandon
Dezmond Brommel
Brandon Brooks

Annmarie Brown
April Brown
Dae'shaun Brown
Justice Brown
Kevin Brown
Richard Brown
Caitlind Brumbaugh

Davontae Buckner
Savanna Bullington
Elizabeth Burgett
Krystal Burgett
Justine Buttrey
Sidney Cam
Brenda Cambray

Rajaa Camp-Bey
Haley Cardines
Kayla Carre
Rachel Carstens
Brockdyn Catron
Steven Cavan
Roeles Cavazos

Gerardo Ceballos
Juana Ceballos
Cinthia Cequera
Martin Cervantes
Cesar Chagoya-Chavero
Jasmine Chak
Alex Chapman

Emily Chappell
Alma Chavez
Jennifer Chavez-Rivera
Zachary Chestnut
Steffian Church
Kara Cipperley
Daniel Clark

Alejandra Contreras
Allyson Contreras
Beatriz Contreras
Maria Contreras-Santos
Trevor Conway
Alejandra Cordova Perez
Giovanna Coronel-Beltran

Shiloh Corral
Cassandra Couch
Lawrence Courtney
Romario Cruz
Anthony Curry
Jacob Dank
Helen Dao

Miranda Daughenbaugh
Erienne Davis
Joseph Davis
Danny Dawson
Nicholas De La Rosa
Danny Deal
Mauro DeAvila

MOTION

This year the two Advanced Physics classes, taught by Nancy Duncan, went on a field trip to see Iowa State University's engineering department on November 19.

"It was a great opportunity to see the different fields of physics. Also to see the different types of engineering," said Duncan.

While at ISU, the students did four activities: a soil and water contamination activity, a computerized robot program, and projects to build a bridge and wind mill.

"I really liked the robots. It was something I have never done before, and it was a really good experience," said junior Dalton Colby.

Prior to the trip, the classes also did a marble launching lab. The lab was to find out the acceleration and the velocity of a marble and how far it went.

"It was a really fun lab. I like calculation the acceleration the best," said junior Tim Novak.

Senior Katie Heggen, Rene Reynolds, and junior Jon Reynolds work on a soil and water contamination activity.

Keelie Deay
Kassidy Debont
Kaylee Debrouse
Ashley Dehaan
Darian Delaney
Brandon Diehm
Trinh Do

Alpha Doerue
Billy Douangsithi
Cassandra Douglass
Briandra Dowdell
Cameron Draude
Kaylene Drayton
Mackenzie Drew

Christina Duncan
Taylor Dunn
Carly Dycus
Lydia Dyer
Tara Edvenson
Tyler Edvenson
Dustin Elswick

Cory Ely
Wyatt Enos
Jeffrey Erickson
Tesia Ervin
Diana Fabian-Santos
Eva Fabray
Jacob Fallon

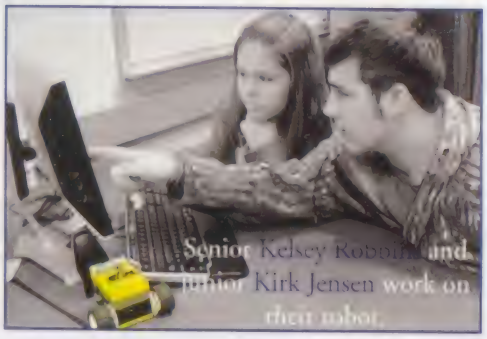
Sergio Felix
Paige Ferrara
Sydney Fields
Kaine Fiscus
Andres Flores
Kayla Foreman
Karl Frank

AND FORCE

Seniors Nadia Tyler, Errol Sutton, Va Vang, James Mangra, and junior Dalton Colby pose with their bridge.

Their bridge won for spending the least money and holding the most weight.

Junior Brock Maxwell and senior Dustin Rowe watch as their marbles fly in the air.



Senior Kelsey Robbins and junior Kirk Jensen work on their robot.

Brian Franks
Odyessey Freeborn
Savanna Fuller
Stephenie Gabriel
Hailey Galloway
Brenda Garcia
Daisy Garcia

Gabriella Garcia
Yesenia Garcia
Aaron Gathercole
Veronica Gbayee
Grace Gerke
Kyrie German
Dale Gibbens

Dylan Gile
Sonya Glass
Katelyn Glover
Kyle Goff
Kenya Gonzalez
Khassidy Goods
Zachary Grant

Isaiah Green
Morgan Green
Francisco Guerrero
Joanna Guerrero
Miguel Guerrero
Cameron Gunderson
Mckenzie Hale

Hunter Hall
Troy Hamilton
James Hanson
Dominic Harrington
Romenek Harrington
Larissa Harris
Shaina Harris

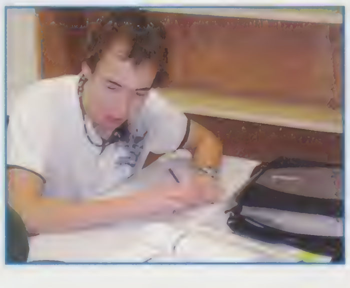
Foreign Exchange Students

Each year East usually gets a foreign exchange student or two. This year Anastasiya Melnik, from Russia, and Till M. Seutter, from Germany, joined the 1200 other students at East.

In order to come to the U.S., though, they had to go through a certain system, and do a lot of work. They wrote essays, gave presentations, and went through interviews, too.

"The purpose of the FLEX (Future Leaders Exchange) program is to see if you can survive in another country with people… and without your family," said Melnik.

Melnik talks with her English teacher Ashely Schryver. She won a contest in Russia showing basic knowledge of English



Seutter works on his physics homework. He trys to keep all his school work as orginized as he did in Germany.

Jensen Hastings
Jodi Hatcher
Amanda Hatfield
Elissa Haugh
Tyreisha Hayes
Jewel Head
Joel Head

Jazmine Heard
Lisa Heckethorn
Jessee Heimbaugh
Tyler Helfert
Lindsay Helm
Brittaney Henderson
Clara Henson

Dillon Hernandez
Mariana Hernandez
Marisol Hernandez
Mercedez Hernandez
Sara Hernandez
Andrea Hiatt
Angie Hidalgo

Kaylee Hilario-Bahena
Alesha Hildreth
Ashley Hogate
Kyle Holcomb
Kyle Holleran
Lauren Holmes
Sabra Holmes

Harlie Hopkins
Hanna Hoskins
Aaron Hosman
Christopher Howard
Sugey Huchim-Garcia
Verlayia Hudson
Shara Huffman

Makayla Hunter
Alexander Huynh
Justin Huynh
Aaron Iruegas
Phillip Isbell
Armando Islas-Hernandez
Alexis Jackson

Xavier James
Jasmine Jaros
Shawn Jarrett
Crystal Jasper
Nicholas Jeffcott
Alexis Jenkins
Brandon Jenkins

Christopher Johnson
Steven Johnson
Tara Johnson
Zachary Johnston
Grant Jones
Joshua Jones
Robert Joshua

Victor Jurado
Sean Kane
Terrence Karlar
Jeffrey Kathi
Zachary Kellogg
Michael Kendall
Njeri Kennedy

Alisha Keointavong
Nichole Kern
Julie Khamluc
Jacqueline Khamma
Jessy Khanthaphengxay
Julie Khanthavongsa
Ashley Kimbley

Chelsey Kimmel-Kendrick
Skylar King
Theodore Kirk
Nicole Kirkpatrick
Jasmine Kirkwood
Adam Knode
Kerri Kochheiser

Austin Kramer-Thompson
Kyler Krogman
Jessie Lane
Joel Lara
Matthew Lawler
Katlyn Lawson
Meredith Layman

Brandon Leach
Garrett Lear
Maixee Lee
Cristal Leguizamo
Joshua Lemon
Jordan Leonard
Ricardo Lewis

Justin Lippold
Briana Lovan
Nancy Lovan
De Rico Lowery
Crystal Lozano
Andres Maldonado Jr
Alier Mamourjok

Amanda March
Jennifer Marquez
Stephanie Marquez
Alexandria Martin
Andrew Martin
Luke Martin
Cristian Martinez

Mason Martinez
Ramon Martinez-Tovar
Victor Mayes
Miguel Mayorga
Matthew McCarter
Jessica McClain
Benjamin McClure

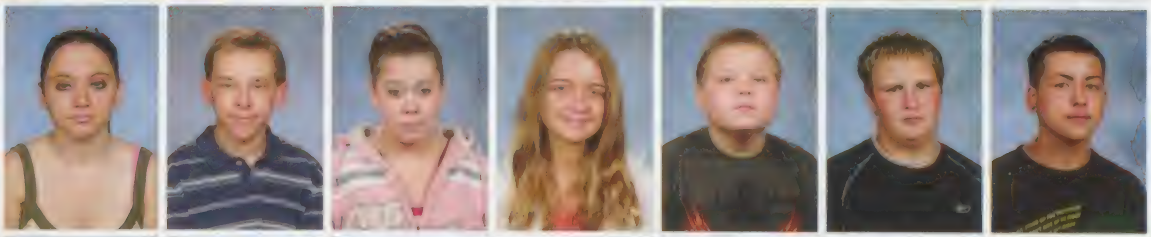
Merry Christmas from NHS

The East High National Honor Society worked on two service projects at the end of first semester. Students raised money throughout the year to use for service projects to benefit others.

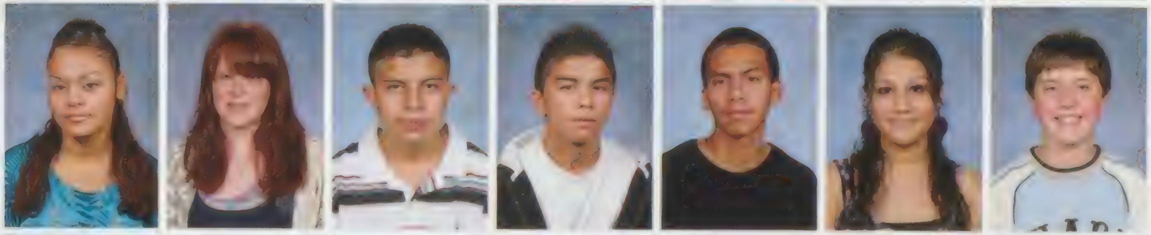
The NHS chapter during the holiday season adopted a family/student through the SUCCESS program here at East. Members gathered during the week of December 14 and wrapped the gifts.

Members also decided to make gift bags for the McKee Pre-School program. Committees worked on the decoration of gift bags, designing of gift tags, and they made EHS bookmarks for each bag. The children received a fruit snack, a small orange, and chocolate candy as well. Students and staff were very excited to receive these special gifts of love.

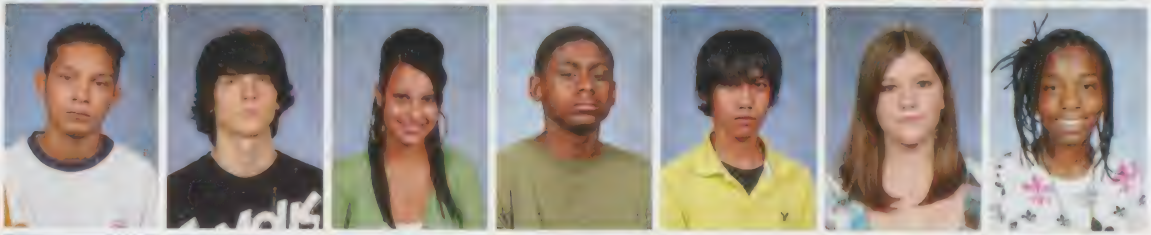
"Children are innocent, and they shouldn't have to suffer from the recession," said junior Madi Williams. "I believe that this is our way of telling them that they can still have a Merry Christmas."



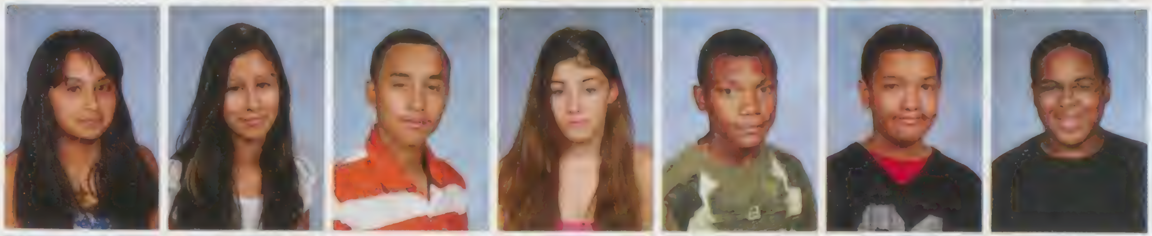
Nicole McDaniel
Brandon McGill
Amy McGuire
Millie McKeever
Dylan McVey
Baden Medearis
Chase Meier



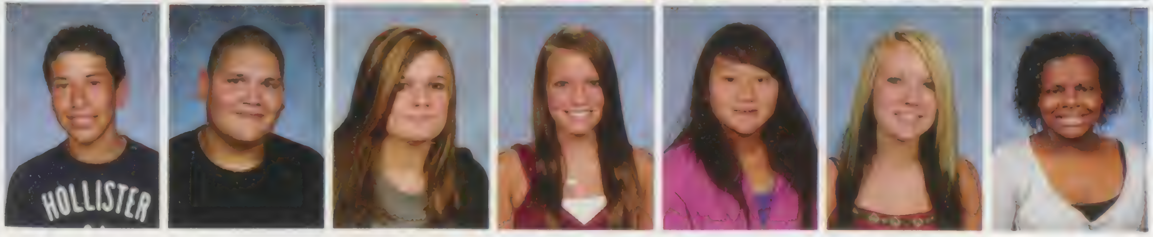
Marisol Mejia
Abbey Mendenhall
Jesus Mendez
Michael Mendez
Johny Mendoza
Yuliana Mendoza-Pintor
Miles Menninga



Christian Mesta
Ryan Middleton
Jazmin Miller
Donald Miner
Evan Mom
Kristen Monroe
Marima Moore



Ignacia Morales
Veronica Moran
Roger Moreno
Cherish Morgan
Stephon Morgan
Markale Morrison
Stephon Motte



Fernando Murillo
Henry Murillo
Destiny Murphy
Jayde Murray
Ga Na
Dezaray Nair
Moneisha Newton-Weber

Alexandria Nguyen
Jackson Nguyen
Laci Nichols
Zachary Nieland
Dakota Ocheltree
Devin Oconnor
Celia Ojeda

AEROPOSTALE

Dumars Oliva
Adrian Olivares
Allen Olson
Veida Olvera
Adrian Orozco
Guadalupe Ortega
David Ortiz

ONLY VAMPIRES CAN

Makayla Ortiz
Elizabeth Ouverson
Jasmine Palmer
Jason Palomino
Leon Paris
Sharae Parker
Michelle Patino

Angeles Perez
Derian Perez
Janett Perez
Jordan Peters
Alune Phaisith
Brenda Phongphachone
Aldo Plascencia

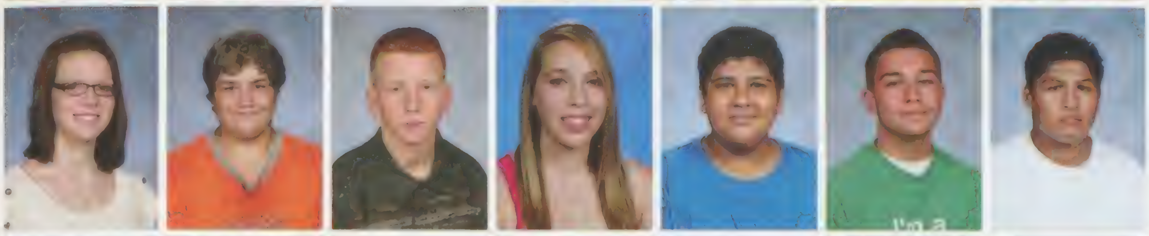
Darby Poller
Fehim Porcic
Brianna Proctor
Keary Proctor-Jahnke
Lorenzo Prones
Maria Puga-Lara
Eric Quintanar

Tanner Radden
Jazmin Ramirez
Jose Ramirez
Karina Ramirez
Ralph Ramirez
Jessica Ramos
Melissa Rangel

Deisy Raygoza
Vanessa Razo
Clay Reber
Kalen Reed
Theodosia Reed
Alexandra Reid
Heather Reimers

Zeare Renfro
Michael Renteria
Chase Reynolds
Jamie Reynolds
Victoria Richardson
Joseph Riesterer
Shannon Riggan

Jenny Rissman
Diana Rivas
Brian Rivera
Elizabeth Rivera
Maximiliano Rivera
Elizabeth Robb
Andrea Robbins



Katelyn Roberts
Austin Robertson
Shane Robey
Mikendra Robinson
Omar Robles
Michael Roby
Pedro Rocha-Rodriguez

Anthony Rodriguez
Denny Rodriguez
Jose Rodriguez
Marvin Rodriguez
Sandy Rodriguez
Kip Rogen
Marvis Routh

Victoria Routh
Jay Rowat
Mandel Roy
Prisma Ruacho
Savannah Ruggles
Hailey Rusk
Yarvon Russell

Anthony Saengphommachan
Brenda Saenz
Vincente Salamanca-Ortega
Anthony Salas
Melissa Salgado
Erica Salsberry
Abu Sama

Jacob Samuel
Cinda Sanders
Thomas Sanders
Anny Sando
Raul Sandoval
Javier Santos
Stephanie Santos

Luis Saravia
Sandra Sauceda
Nicholas Sawhill
Nick Sayavong
Hailey Scanlon
Matthew Schmitt
Jacob Schmitz

Jeffrey Schmitz
Caitlin Scott
Caitlin Searcy
Michael Sells
Battee Seyou
Quentin Sharer
Michael Shelburn

Jacob Shepard
Kyle Shipler
Kayla Shoafstall
James Shorter
Carlos Silva-Trejo
Josselyn Simon
Ryan Skow

Shelby Slater
Franklin Slaton
Taylor Slifka
Cameron Slothouber
Amber Smith
Antoine Smith
Brandon Smith

Mackenzi Smith
Tyrell Smith
Seth Smothers
Khu Soe
Daisy Solorzano
Tamika Soulinthavong
Kaitlin Stalkup

August Stangl
Revay Stewart
Michael Stougard
Mason Sury
Joshua Swagler
Christina Syhavong
Jazlinn Tapp

Cieara Tate
Kabeion Teagues
Tyree Temple
Brandon Thomas
Bryce Thomas
Demarcus Thomas
Masaya Thompson

Going Back in Time to Our Preschool Years with

STORYTELLING

Research has shown that parents can improve the IQ of a child from 79 to 117 by consistently reading and talking to them. Consequently, the child development classes planned and prepared a storytelling experience for a group of toddlers last fall.

The students first started by selecting a book with appropriate vocabulary and a strong story line for a child, ages 1-3. Then, they created props (such as puppets, flannel board characters, stick puppets, etc.) that would be used during the storytelling experience.

FROGGY
GETS
DRESSED

Sophomore Mitae Clayborne said, "They (toddlers) were very into it. They laughed and counted along with us when it was time. I enjoyed seeing them laugh."

During the storytelling, students were encouraged to use voice inflection, pauses for dramatic effect, and appropriate sounds in the story line. The toddlers paid exceptional attention to the story when the props were creative and colorful.

Senior Leslie Sotelo-Mata said, "My little cousin had fun with the stories. He wants to come back again."

Shyana Thompson
Israel Toluwalase
Adrian Torres
Michael Towers
Stephani Tran
Janeva Trejo
Tobias Tyler

Steve Ukpan
Esmeralda Uribe
Cristina Valenzuela
Seth Van Helten
Kara VanDeo
Rikki Vandermark
Dashawn Vandyke

Houa Vang
Jacob Vangundy
Shelby Vangundy
Paige Vasey
Cintia Vasquez-Rodriquez
Alondra Vazquez
Laura Vazquez

Vanessa Vazquez
Michael Vega
Berthalisia Velazquez
Lucero Velazquez
Sydney Vestal
Marko Vojvodic
Austin Vorasith

David Voshell
Kyle Wallace
Ashly Wallingford
Chanda Ward
Aaron Waters
Jesmond Waterson
John Weaver

One fish
two fish
red fish
blue fish

Haley Wedig
Taylor Weesner
Paige Weigel
Dylan Weir
Bailee West
True Wheeldon
Austin White

Jacob White
Alfred Wiles
Josie Wilkerson
Adrianna Williams
Madison Williams
Taylor Williams
Albrea Winfrey

Artichala Wise
Ray Withee
Bedipeny Wom
Ashley Woodson
Nathan Worthington
Keisha Wright
Yonnah Yassin

Symphonic Orchestra

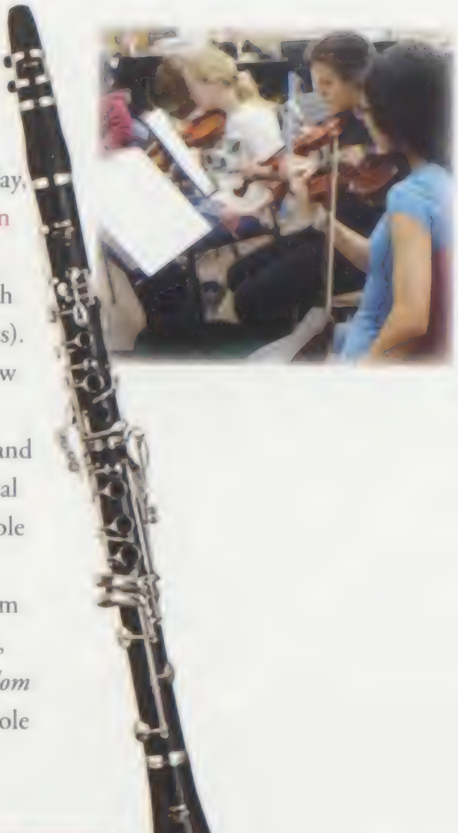
Beginning second semester, East High officially began its first ever formalized full symphony. Class took place every Monday, Wednesday, and Friday morning at 7 o'clock, with band teacher Ryan Rowley conducting.

Full symphony, or symphonic orchestra, is the combination of both string instruments (like a violin) and band instruments (like trumpets). The combination is new for many of the students and an exciting new experience.

The music in full symphony is also much harder than in regular band and orchestra. Rowley says that it is a "good motivator for the musical students of East" and the students can "enjoy the new range of playable music."

The symphony class worked on three major pieces. They range from classical, like *Slavonic Dance*, to contemporary, like *Video Games Live*, which includes pieces from popular video games like *Halo* and *Kingdom Hearts*. The class also worked on a song to be performed with the whole orchestra and band, an annual tradition.

"This call is to expand what the students can play," said Rowley.



Breann Young
Breanna Young
Demarcus Young
William Young
Diego Zuniga

Camera-shy

Tashiana Adams
Robert Adler
Jeremy Alderman
Jose Arredondo
Alex Baca Jimenez
Daniel Banegas
Brianna Burgs
Cameron Devan
Jose Gonzales
Joey Grafton
Edwin Jorkey
Dylan Kokke
Brianna Lloyd
Juvenal Loera

Ron Manson
Cristian Martinez
Kevin Mitchell
Adan Mohamud
Melvin Orellana
Ashlea Prideaux-Thomas
Sergio Ramirez
Mamie Solo
Daniela Sudick
Kelsi Summy
Ronald Thomas
Christopher Thompson
Juan Villagrana
Nakhwo Yussuf

fan mail

I get a lot of mail from men who really identify with Stuart, you know, Sparrow's boyfriend. I love that. Even though I used to say I wanted men to read the script even though there weren't any men in it, so they'd be forced to identify with the women .

-Alison Bechdel

FACULTY

Donna Adams
Salvador Aguirre
Lacy Anderson
Rhonda Anderson
Robert Bagley
Linda Baker
Pat Bannon

Kathy Baum
Diane Baze
Scott Beall
Annette Bierkamp
Brenda Bird
Vicki Bonnett
Anson Bonte

Ron Borstad
Sally Bowden
Chasity Brees
Richard Bright
Kathy Brown
Kelly Burns-Wolfe
Nancy Butler

Paula Butts
Kacia Cain
Antaysia Cameron
Bob Carmichael
Brad Cave
Jane Ciarfella
Deborah Clark

Lonnie Clark
Kathy Clausen
Marjorie Crawford
Karen Cross
Kathy Crum
Anne Deam
Sally Degoey

Sally Dehnert
Carl Drautz
Sondra Dubbs
Amanda Eimers-Crowe
Samy El-Baroudi
Lora Evans
Geoff Farrell

Never let the fear of striking out
keep you from playing the game!

- From A Cinderella Story

Nancy Fehn
Terrie Fensterman
Lisa Fitzpatrick
Diane Fleming
Kimber Foshe
Ruth Ann Gaines
Ann Ginther

Shirley Gooch
Sid Gordon
Shawna Green
Maureen Griffin
Jeffrey Hall
Aimee Hannan
Deann Hebert

Don Heese
Christopher Hodo
Lynn Hoff
Susan Hook
John Hoyt
Frederick Hunter
Mark Hurley

Carol Hyslope
Amy Jacobson
Carlos James
Susan Jennings-Spencer
Charles Joelson
Ginger Johnson
Aaron Kelly

Cousonh Khamtanh
Darrell Kitterman
Brian Koch
Roxanne Kucharski
Elston Lacy
Amy Lane
Katherine Larson

Crosby Lester
Sharon Link
Curt Long
Lowell Long
Carol Lortscher
Derek Lounsberry
Stayce Lounsberry

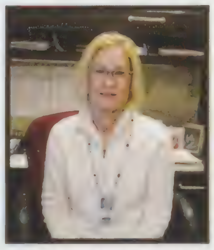
Dave Mahler
Robbie Malm
Darien Maquire
Kimberly McCallister
Michelle McPherson
Jennifer Medina
Becky Miller

Betty Mills
Ann Mincks
Aida Modronja
Linn Morris
Brenda Navin
Laura Negrete-Reinders
Linda Nemmers

Randy Nordaker
Melanie Paulsen
Michael Pecina
Ric Powell
Adam Puderbaugh
Jennifer Rebel
Claudia Richards

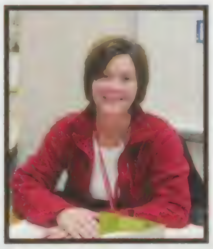
Rick Roberts
Carrie Romo
Denise Roskamp
Ryan Rowley
Shawn Sanford
Al Schatz
Sharon Schatz

Principal
Mike Zelenovich



Academy Vice Principal
Linda Baker

Vice Principal
Kathy Clausen

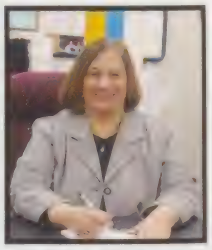


Interventionist
Michelle Harwood

Academy Dean of Students
Mike Pecina

Des Moines
Public Schools

DM School Board: (front) Patty Link (vice chair), Connie Boesen (chair), Superintendent Nancy Sebring. (back) Ginny Strong, Jeanette Woods, Dick Murphy, Margaret Buckton, Teree Caldwell-Johnson.



Vice Principal
Gail Soesbe

Vice Principal
Mike "Chad" Street

Greg Schoon
Ashley Schryver
Diane Sheil
Gitanjali Singh
Kim Smith
Gail Soesbe
Jason Soliday

Vidal Spaine
Mary St. Clair
Dane Sulentic
Stan Thompson
Deb Vanvelzen
Joyce Vickroy
Somkong Vong

Melissa Wallace
Bill Waller
Timothy Walljasper
Jerry Walter
Jennifer Weir
Mary Westover
Maurice White

Jill Wibben
Whitney Wikert

Camera-shy

Judy Adams
Ryan Armstrong
Mary Barton
Lacey Bleich
Jennifer Blumberg
Kathy Bruner
Ken Burgess
Tom Cole
Christine Costello
Esmeralda Davis
Rebecca Dawson
JoAnn DeHaan
Randy Derby
Carl Drautz

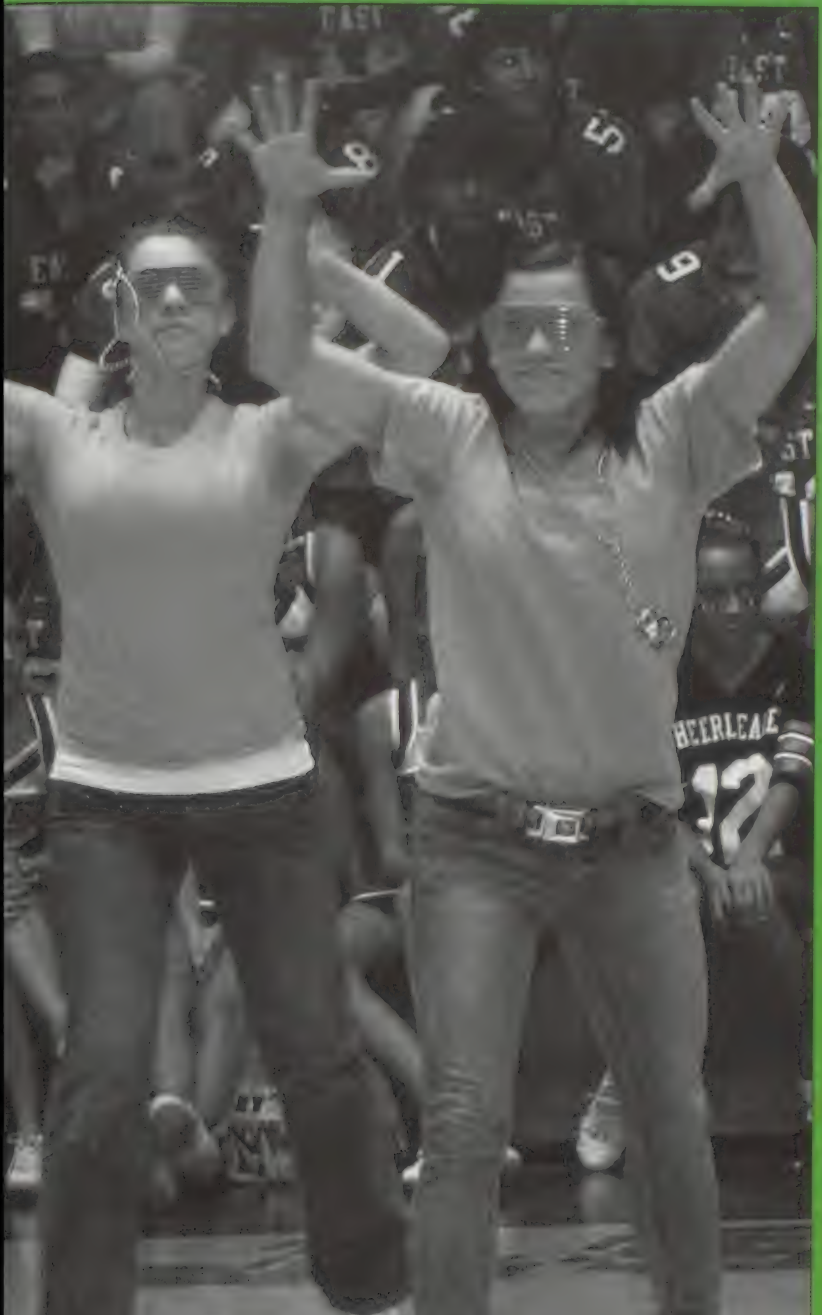
Nancy Duncan
Chris Dunham
William Eggers
Phil Ferguson
Keri Frommelt
Clinton Gadbury
James Giboo
Gary Gilchrist
Lynette Grooters
Jacob Habhab
Barbara Hall
Pamela Harshbarger
Thana Heller
Andy Howard

Angela Jackson
Carlos James
Nicole Kallal
Chris Kannapel
Dawn Kasper
Sarah Keller
Ed Kelly
Sarah Kelley
Bob Kerr
Kathy Koenig
Tami Kreykes
Erin Lantz
Jennifer Luft
Lyn Marchant

Oscar Meza
Wendy Miner
Ken Morton
Cathy Mussett
Jennifer Myers
Kelly Neiber
Kim Nitcher
Daniel Nizzi
Bill Oleson
Kelly Parriott
Tracy Patrick
Deb Peterson
Jose Rodriguez
Deb Ryan

Linda Saddoris
Karen Scott
Carolyn Strickler
Kym Traczyk
Francence Turner
Sarah Vaughan
Phil Wells
Susan Wiegand
Linda Woodard
John Ytzen

ACADEMICS
COMMENTARY



Who is the judge? The judge is God. Why is he God? Because he decides whether I win or lose, not my opponent. Who is your opponent? He doesn't exist. Why does he not exist? Because he is just a mere dissenting voice to the truth I speak.
-The Great Debaters

PAINT THE TOWN

WITH CHANGES IN THE ART CURRICULUM, STUDENTS ARE BEING ENCOURAGED TO THINK OUTSIDE THE BOX.

Art teacher Shirley Gooch never tries to have a dull moment in her classroom. With new and expanded changes in the curriculum, students have new classes such as AP Studio Art 2-D/ Drawing and they are traveling around the world to help boost their creativity and knowledge of art.

Senior Christian Scott said, "I plan on using all the knowledge I've attained in graphic design to major at one of the art institutes."

Although Gooch allows time for creativity, she has some limitations and requirements.

"My art classes are studio art-based and art history-based classes, which begins with an anticipatory set/introduction, a demonstration of techniques, student work time, cleaning, and conclusion review. Students are required to be respectful, responsible and work to their best ability. Grades come from homework sketchbook drawings, class projects and participation points."

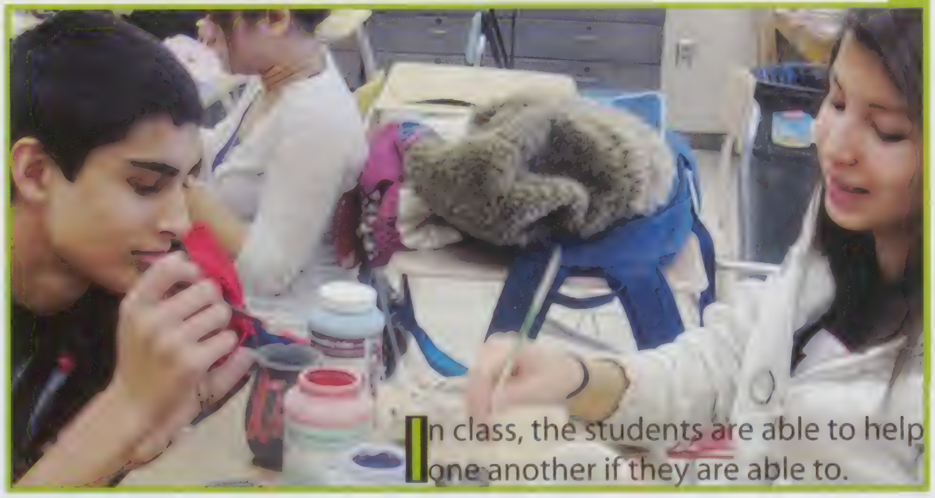
This year students were given the opportunity to not only travel to Kansas City, Missouri where they explored architectural styles and their cultures; they also received the opportunity to go on a tour of Madrid, Spain and Andalucía over Spring Break. More trips included visiting the Des Moines Art Center High School Days on December 11, the CIML Exhibit at Heritage Gallery in April and they also took a trip to Omaha, Nebraska in May.

Scott said, "My favorite trip was when we went to Omaha. We had a good time there and I liked that we got out of school for a day to go there."

In Gooch's classes students learn the elements and principles of design by using different art medias and by studying different artists and styles in art history. Gooch continually encourages students to be creative and "think outside the box."

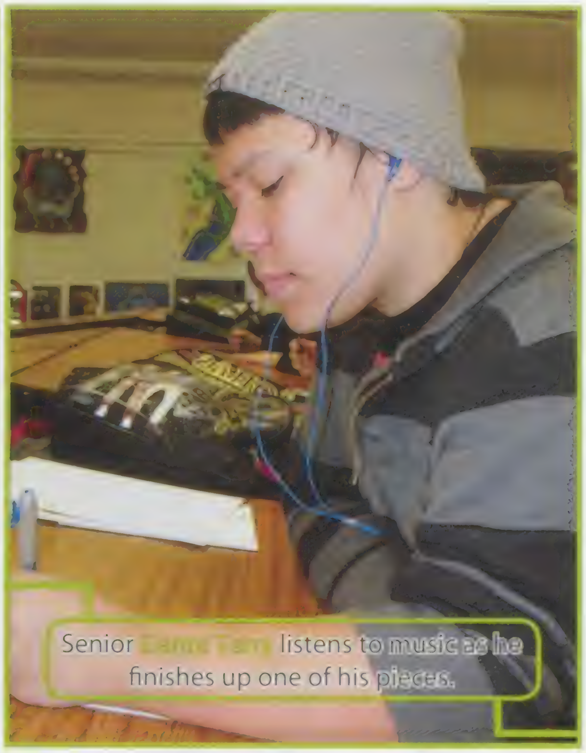
For some students, this class isn't just a class, it is part of their future.

Senior Edison Moody said, "I plan on becoming a great 3-D artist and I want to make video games."



In class, the students are able to help one another if they are able to.

Students created designs that they later painted and turned in for a grade.



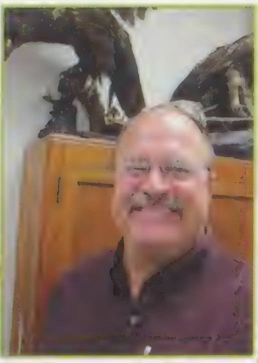
Senior [illegible] listens to music as he finishes up one of his pieces.

Senior Kylie Gr[illegible] finishes painting one of her pieces.

Students makes sketches of their pieces prior to their final projects.

STORY/LAYOUT BY: [illegible]

Why do you think science is amazing?



Lowell Long

"Science is so cool. I love how everything works together and helps make life possible."

Heather Fulford (10)

"It is nice to be able to do hands on activities so i am not just sitting at a desk all of the time."

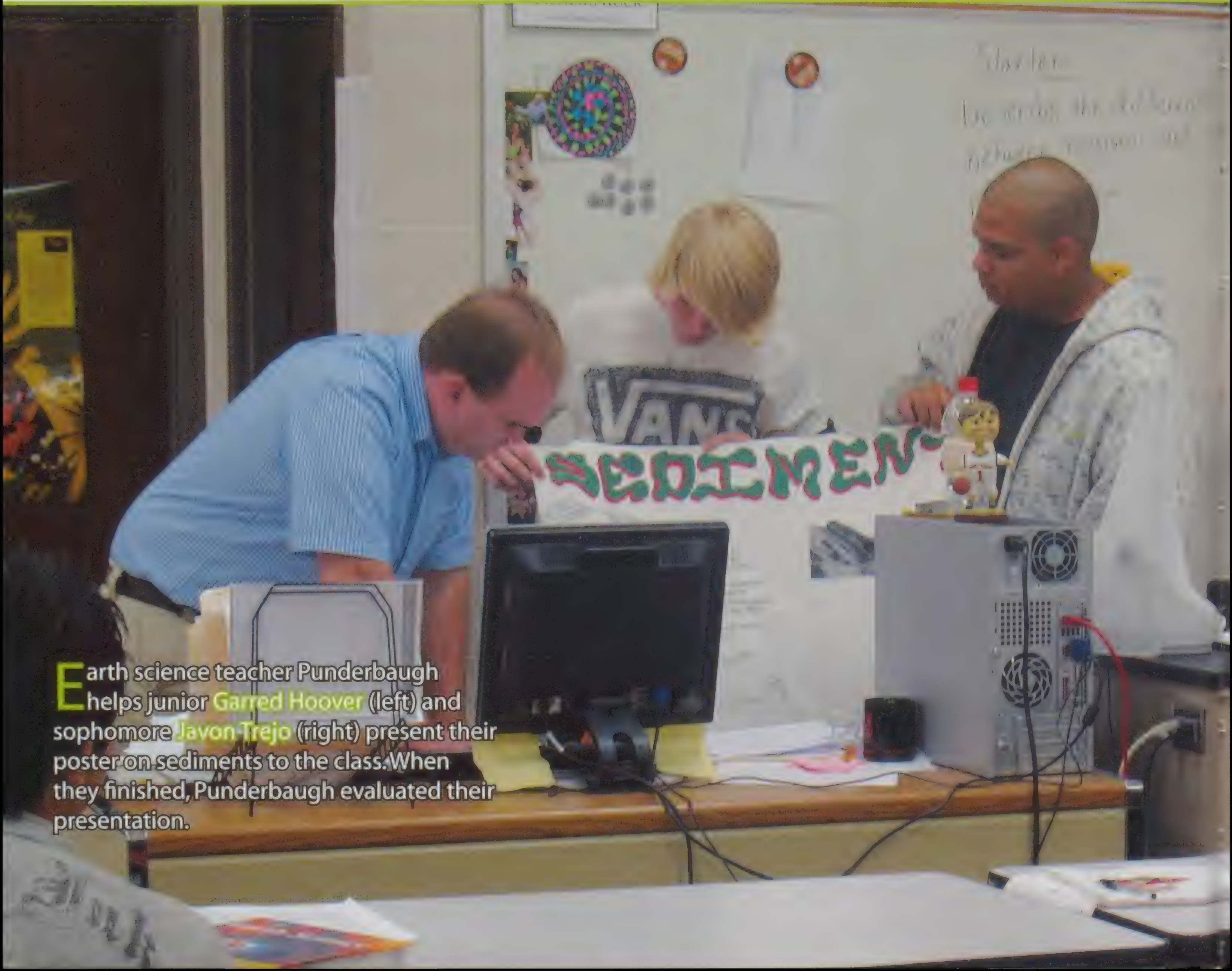
Trevor Nail (12)

"I love being able to dissect things and see what they look like on the inside, plus i love my teacher."

Anson Bonte

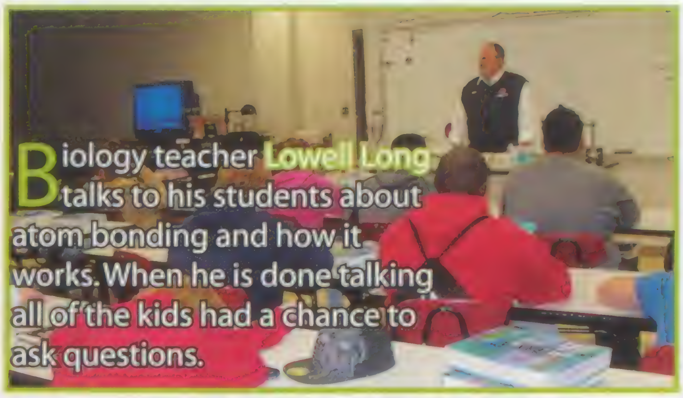
"I love how science is always changing. It's never the same any second of the day."

Sophomore **Benjamin Frazier** looks at a peice of hair on his microscope with a snake on his neck. Afterwords, he puts the snake down for instructional time.



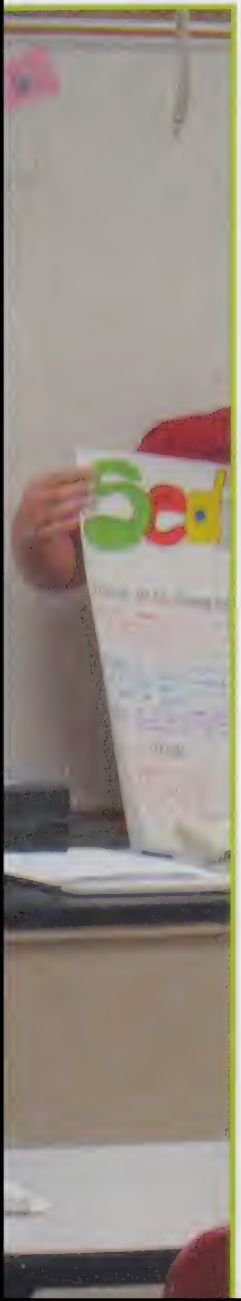
Earth science teacher Punderbaugh helps junior **Garred Hoover** (left) and sophomore **Javon Trejo** (right) present their poster on sediments to the class. When they finished, Punderbaugh evaluated their presentation.

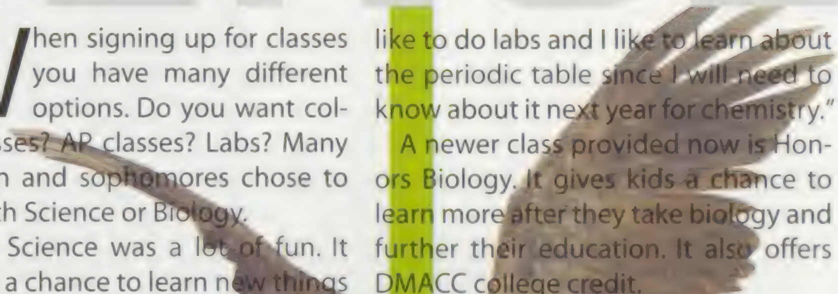
Sophomore **Brennan Lawerence** reads his biology book in class. After reading the chapter he uses the knowleged he gained to finish a worksheet.



Biology teacher **Lowell Long** talks to his students about atom bonding and how it works. When he is done talking all of the kids had a chance to ask questions.

GET INTO SCIENCE





When signing up for classes you have many different options. Do you want college classes? AP classes? Labs? Many freshmen and sophomores chose to take Earth Science or Biology.

"Earth Science was a lot of fun. It gave me a chance to learn new things I didn't know before," said senior **Sharaya Jackson**.

Most sophomores opt to take biology since it is considered a lab science and you need two to graduate. One of their biggest assignments of the year is to dissect a rat.

Sophomore **Deontazsha Gunn** said, "It is a very educational class. It is also fun to dissect things and see what they look like on the inside."

Gunn also mentioned that is was hard to do it at first because it was so "disgusting," but after a while she got used to it.

Sophomore **Ashley Chang** said, "I like to do labs and I like to learn about the periodic table since I will need to know about it next year for chemistry."

A newer class provided now is Honors Biology. It gives kids a chance to learn more after they take biology and further their education. It also offers DMACC college credit.

Earth Science is considered being "not as hands on." There is more book work in order to learn about the earth we live on and the elements of it. They did projects such as studying plants and animal cell models and measuring the distance between the planets in a reasonable perspective.

Jackson said, "I took both Earth Science and biology. I think they both gave me a look into the world and taught me that there is a lot out there I don't know yet."

STORY/LAYOUT BY: Layla Schwartztrauber

NINE TO FIVE

FRESHMAN YEAR EVERYONE HAS TO TAKE THEIR FIRST COMPUTER APPLICATIONS CLASS.

Almost everyone has heard of the song "Workin' Nine to Five" by Dolly Parton. When people think of it, they think of any type of business career.

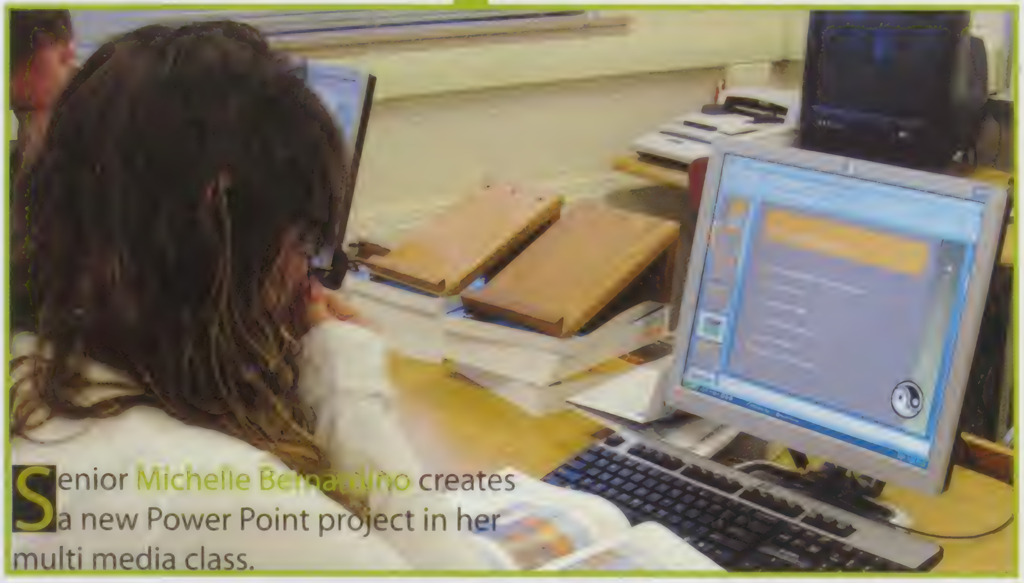
East offers a lot of classes to get ready for the business path. Some include word processing, intro to business, and computer apps for freshmen. Desktop publishing, web design, financial management, college accounting, and business law are offered for everyone else.

The business classes are taught by Ken Burgess, Marge Crawford, Sammy El-Baoudi, Darrell Kitterman, Derek Lounsberry and Deb Ryan.

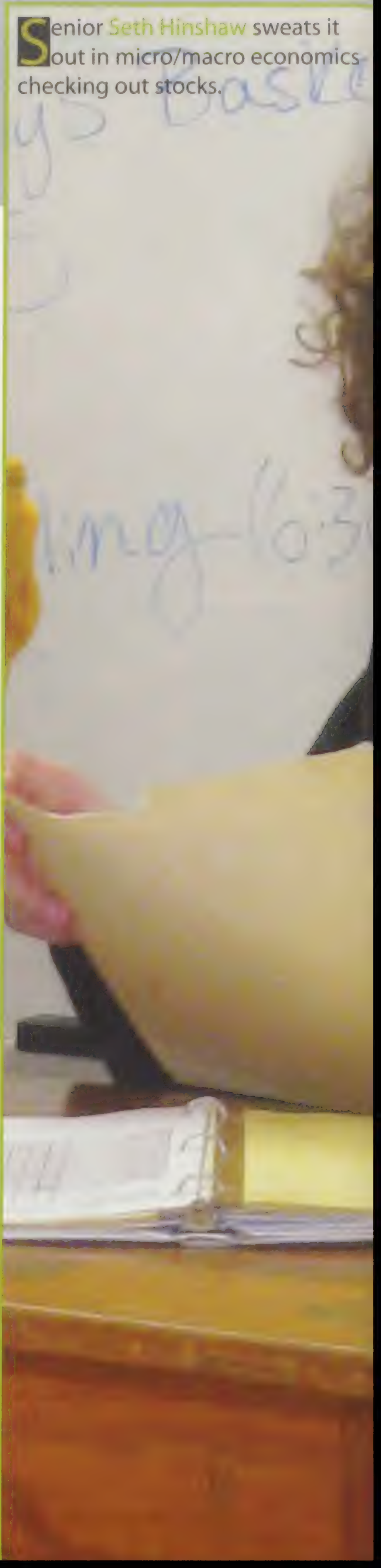
"I believe that we spend so much time teaching kids about reading, writing, math, and history that they don't know what the working world is about. Any business class will help them no matter what they go into after their schooling," said Burgess.

Some business classes help you to prepare yourself for the real world or for your career. Others help you prepare for your own business.

"I want to own my own business and I don't want some nimrod to be doing my accounting, that's why I'm taking college accounting. I'm also going to be taking some business classes at DMACC and ISU," said senior Cody Sheperd.



Senior Michelle Bernardino creates a new Power Point project in her multi media class.



Senior Seth Hinshaw sweats it out in micro/macro economics checking out stocks.

Business Classes offered...

Word Processing
Computer Apps
Intro to Business
Intro to Careers
Desktop Publishing
Multi Media
Web Design
Financial Management
College Accounting
Computer Apps 2
Micro/Macro Economics
Business Law

Sophomore Andrew Strait works on an Access program in his computer applications class.

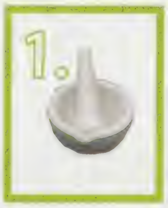
STORY/LAYOUT BY: NADIA TYLER

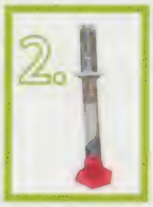
Senior Tomas Young
(Student Helper)

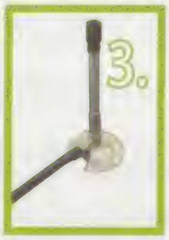
Juniors Amanda Jackson, Amanda Rush and DeMarco Lowery discuss their results from the lab.

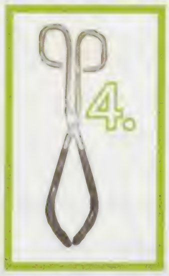
Juniors [illegible] and Yattis Sauz

NAME THE EQUIPMENT



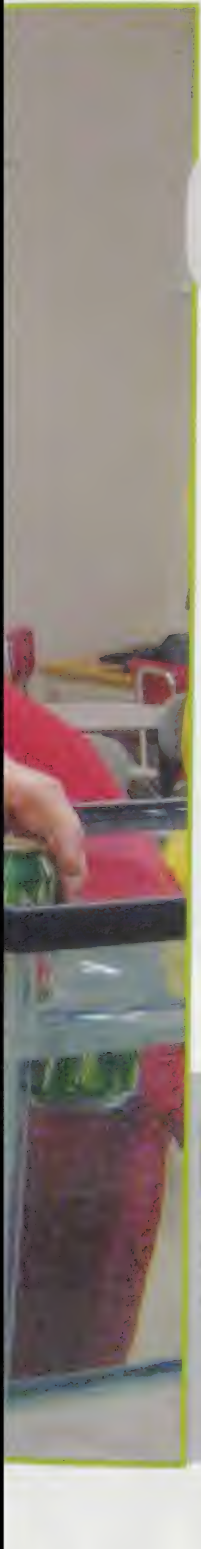






[illegible]

During this lab, Nicolas Griffin places a pop can into the water and Juniors Sheldon Robinson and Kevin Souvannasanh observe and watch to see what happens.



MAKIN' THE GRADE

SOPHOMORES, JUNIORS AND EVEN SOME SENIORS COME TOGETHER IN ORDER TO PASS CHEMISTRY AND PHYSICS.

Formulas plus multiple equations plus several labs can only equal one thing and that is chemistry. Every year students walk into the chemistry lab and don't know what to expect.

"I thought I wouldn't last that long. I expected it to be really hard," said junior Shronda Butt.

This year, chemistry teacher Annette Bierkamp ran her classes differently from the previous years. For the past few years, students have been offered the chance to be in regular chemistry or project-based chemistry.

"I now teach all my classes the inquiry way since this is how students actually learn. I gave them examples of how my 9 month old learns. He opens and closes a drawer three times just to see if it happens the same each time, just like the students need to do 3 trials in a lab," said Bierkamp.

According to Bierkamp, students were able to use prior knowledge or background knowledge in order to solve problems. They designed their own lab procedures and then shared results to the classes and made a conclusion based on everyone's data.

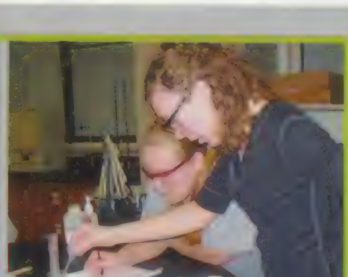
"I really enjoyed being in this class and experimenting with all the different things," said Butt.

This year students were able to participate in many different types of projects. They were able to be frugal reporters on the best paper towels, find the most effective antacid, make homemade soap and sports drinks and they also worked on a huge assignment over the Manhattan Project in May.

"The most interesting lab would have been the Alka-Seltzer lab. We mad film canister lids blow off. Other than that there was a bunch of work that I needed to do and I actually had to study quite a bit," said sophomore Stacie Brown.

Dannyal Nokes (11) tries to accurately measure two liquids.

Students make sure that their accusations are correct. It is always better to double check than to be wrong.



Juniors Tiffany [illegible] and Jessica [illegible] work together in order to get an accurate accounts for their data table.

STORY/LAYOUT BY: Ambreyana Jones

Juniors Tony Henry, Lauren Morgan, and senior Jessica Schnoebelen take a break to relax before the performance.

DEBATE

Debate: a discussion, as of a public question in an assembly, involving opposing viewpoints. Everyone has discussions, everyone has conversations, but not everyone knows about the EHS debate team. The club is made up of nearly 20 students, headed by debate teacher and coach Jennifer Medina.

"This year we had really dedicated students," said Medina. "The team was made up mainly of novices and a couple of seniors."

According to Medina, the team made major improvements and progress. During class students are introduced to all the areas in debate such as policy debate, Lincoln Douglass, public forum, and student congress.

Sophomore Rosalie Henson said, "I like debate. Competition is fun and you don't even get in trouble when you argue, since that is the entire point."

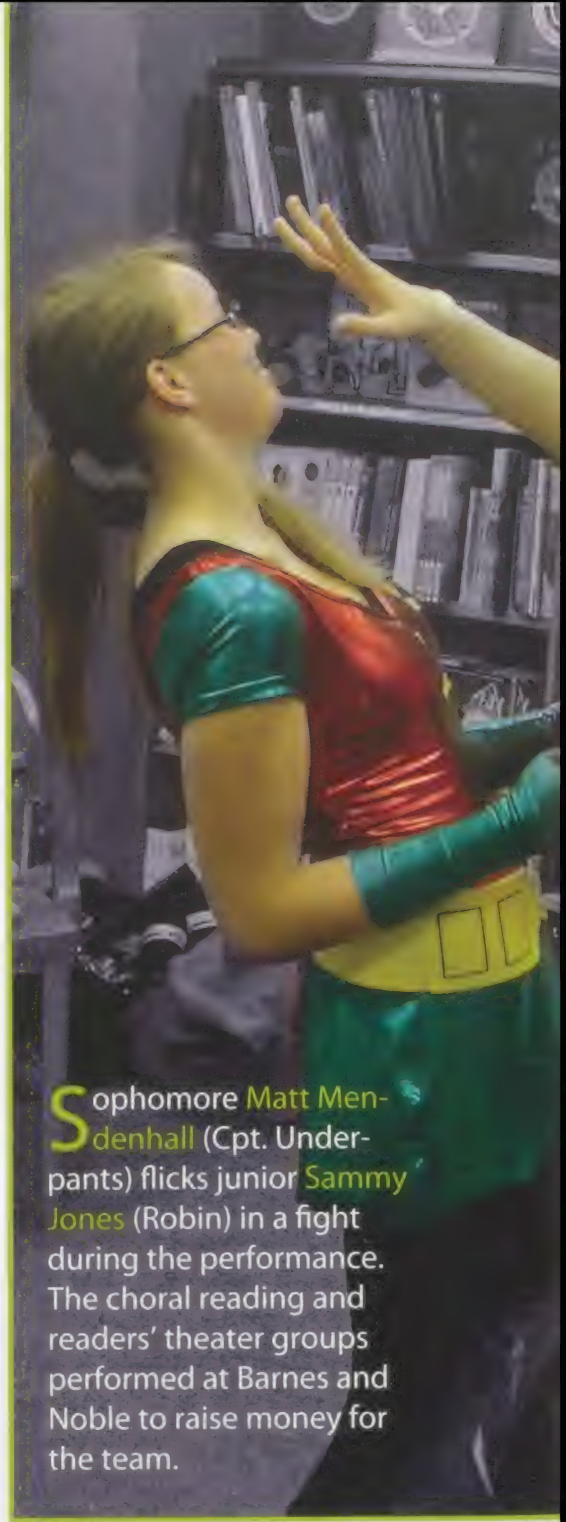
The debate team attends 12 competitions during the year and even hosts one at East. Over 20 schools are invited and attend. Almost every classroom is used during the event.

"East has been hosting our own competition for over twenty years," said Medina. "We don't compete at our own event, but we raise a lot of money that is used for a hotel, vans, and entry fees.

Sophomore Sarah Fitzpatrick said, "Debate is a lot of work, but it's really fun and you get to meet new people."

For some students the team isn't just a place to argue. It is a chance to discover and overcome personal obstacles.

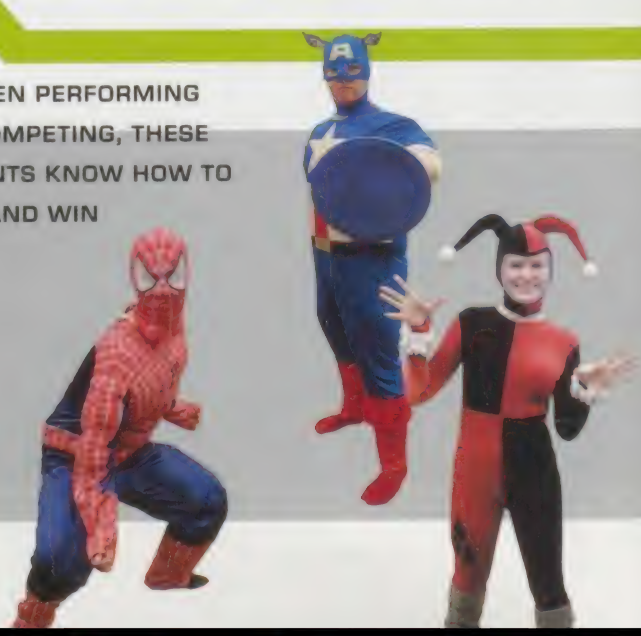
"I joined debate to get over my fear of public speaking," said junior Dalton Colby. "Now I can go up to anyone and speak my mind or give a speech without being afraid."



Sophomore Matt Mendenhall (Cpt. Underpants) flicks junior Sammy Jones (Robin) in a fight during the performance. The choral reading and readers' theater groups performed at Barnes and Noble to raise money for the team.

SPEAK YOUR MIND

BETWEEN PERFORMING AND COMPETING, THESE STUDENTS KNOW HOW TO FIGHT AND WIN



IHSSA

IHSSA: Iowa High School Speech Association. Sounds a bit boring? Not if you saw some of the acts performed, including last year's STARWARS choral reading that made it to All State.

This year about 60 students were back; fresh and excited for the new season. The group consists of mainly sophomores and juniors, who according to IHSSA coach Ginger Johnson, "were exciting and fun to work with."

"I love the attitude, and I love that they were there and having fun," said Johnson.

The group was split into categories, in which each individual group performed at districts. Then, if given a 1 rating, that group advanced to compete at state. State level is harder, with 3 judges and 3 different scores. After reviewing all performances, judges select the top five groups in each category to send to All-State. Many of the Scarlets prepared and kept their hopes high to reach this goal.

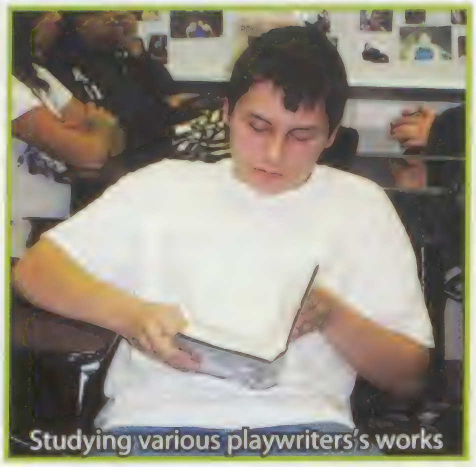
"All-state is the ultimate goal for anyone in IHSSA. Only the best of the best go and it takes great preparation to reach that level of competition," said junior David Blacksmith.

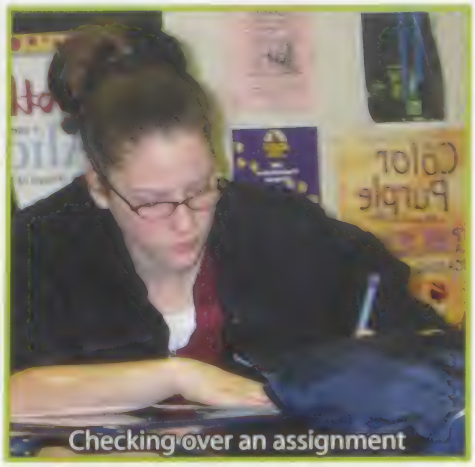
All of the categories stayed the same, but themes were different; some were original pieces created with help of students and returning alumni who were assistant directors. Categories ranged from choral reading, solo mime, musical theater, radio news, ensemble acting, and readers' theater.

Overall the group is to have fun and to showcase your talents.

"IHSSA is a great way to make new friends and try new stuff," said sophomore Gillian Randall. "I really like that I'm able to express myself in different ways."

The villans of "HEROS WE ARE" attack the famous superheroes. The piece was an original created by students, alumni, and coach Ginger Johnson.


Studying various playwriters's works


Checking over an assignment

Writing a personal reflection

Working on another improvisation

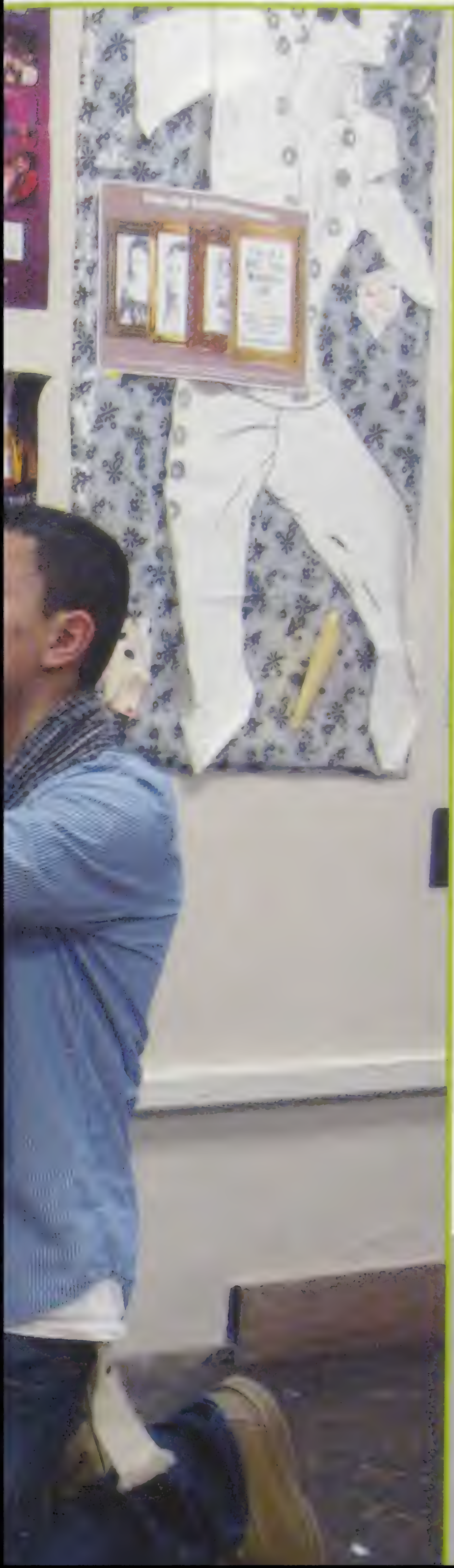
Enjoying a game of telephone

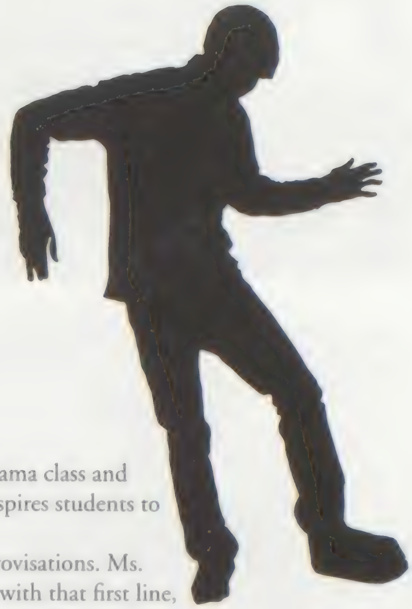
A common activity that students in drama enjoy are the many improvisational pieces

Seniors **Ashlyn Robinson** and **Christian Rodriguez** entertain their classmates with an original

ACT IT OUT

> TO BE, OR NOT TO BE, THAT IS THE QUESTION:
> WHETHER 'TIS NOBLER IN THE MIND TO SUFFER
> THE SLINGS AND ARROWS OF OUTRAGEOUS
> FORTUNE, OR TO TAKE ARMS AGAINST A SEA OF
> TROUBLES
> AND BY OPPOSING END THEM. TO DIE - TO
> SLEEP,
> NO MORE; AND BY A SLEEP TO SAY WE END
> (HAMLET)





For years, Ruth Ann Gaines has provided students with a drama class and for some a second home. No matter what grade, Gaines inspires students to do their best and act it out.

Sophomore Amber Knox said, "What I enjoy doing are the improvisations. Ms. Gaines will give us two scenarios or two lines and we must begin with that first line, improvise the middle, and somehow end with the last line she gave us."

Some students enjoy the class so much that they take it every year.

Returning student, junior Eddie Powell said, "This is my second year in this class and I plan to be in it next year. I really like all the different things we do."

One minor setback for these rising actors and actresses are the lack of opportunities for them.

Sophomore Matthew Mendenhall said, "Many of the school plays we don't do. Ms. Gaines usually uses her more advanced classes, but she does encourage us to come to auditions and try out."

For others, friends can be their setback.

Sophomore Jama Clayton said, "There are students who take the course because they think it's easy and there's people who cause trouble but you just have to ignore them and do what you have to do."

Overall, these students agree that this class is no ordinary class and Gaines is not just another teacher.

Clayton said, "We get to be someone we're not and we get to be out of our comfort zone. Ms. Gaines allows us to do a lot of different things, but one thing she doesn't tolerate is gum, because it's improper to act with it in your mouth. Other than that, I love this class."

Knox said, "I like running my mouth and Ms. Gaines lets me do that. But she's also always there for me and on my behind all the time because she wants me to succeed."

Students outline their next pieces for class. Some assignments require group

STORY/LAYOUT BY: Ambreyana Jones

Erin Bollinger
Student Teacher

U.S. AIR FORCE

Senior Kyle Rehm presents his group's billboard ad for the U.S. Air Force in Borstad's fourth period.

EDIT AND REVISE

TEACHERS TRY TO REVISE THE CLASSES TO MAKE STUDENTS MORE INTERESTED AND TO GET THEM INVOLVED

"Debate can prepare you for when you run into a real-life situation. You'll know how to handle it once the issue comes up," said speech and debate teacher **Jennifer Medina**. Medina is also the debate team coach.

Most English teachers at EHS agree that English helps connect you to reality.

"I try to do activities that connect to the 'real world,'" said sophomore English teacher **Ginger Johnson**. Johnson, along with junior English teacher **Eric Hunter**, believes students respond better when the required work is more personal.

"Everything makes more sense to the students when you add relevance to the assignment," said Hunter.

Medina said students don't have the drive to do work unless it is personal.

"It's easier for someone to debate when it affects them," said Medina, "but I also try to work with students to see both points of view."

But, of course, school cannot be school without the everyday complaints of the work you have to do.

"Some complaints I get from students a lot are that they don't like to read and there's too much writing," said Johnson. "So I try to find and buy books that I think will interest them."

"Mrs. Johnson is strict, but that helps us," said sophomore **Jacob Wagner**. Wagner is a part of the Advanced English class. "In the end, English is really important. I've had to use it on job applications."

"It's really hard in Mr. Borstad's class because all of my friends are sitting around me," said senior **Troy Perez**. "They're a big distraction."

To lighten up the classrooms, teachers invite a sense of humor and open discussion to get students more interested in learning.

"At the beginning of the year, I do 'silly' debates to teach how to defend their side," said Medina.

Hunter said that technology helps keep the students interested as well.

"I've noticed that students really like hands-on activities and group work," said Hunter. "They need variety so it's not the same thing every day."

Ultimately, the essence of English is that it's required to graduate high school, and also to be successful in life.

"People always ask why someone who speaks Spanish would take Spanish class and get D's," said Wagner. "But why do *we* take English class and get D's?"

TOP 10 *HIT* ASSIGNMENTS

1. Poetry
2. Personal Narrative
3. Short Story
4. Autobiography
5. Salem Witch Trials
6. Free Writing
7. Reader's Response
8. Biography
9. Play Writing
10. Book Report

Sophomore **Jordan Niffenegger** attacks his opponent in Medina's second period debate class.

STORY/LAYOUT BY: Madi Williams

Senior [illegible] sits with his little sisters while the students of his parenting class read books for them. The students later showed them [illegible] had [illegible]

SHAPE YOUR LIFE

"I have taken child development and parenting and I think that those classes will help me later in life a lot because I get to see what my future will be like," said junior Destiny Fuller.

Like Fuller, many other students at East High choose to take Human Growth and Development class. The classes consist of Child Development, Adult Living, Parenting, and Relationships. Students who take these classes would agree that it helps them prepare for their life as an adult.

Fuller said, "The classes that this school offers are nice because they helped me learn that I don't want to have a kid and I am not ready, it really showed me what being an adult is like.

In the Child Development and Parenting classes, students do projects such as taking home a potato to care for, carrying around a bag of flour, parenting a mechanical baby for a night, or even wearing the empathy belly.

"I wore the empathy belly," said sophomore Sharayah Devick, "I hope being pregnant isn't really like that because it was hard and frustrating."

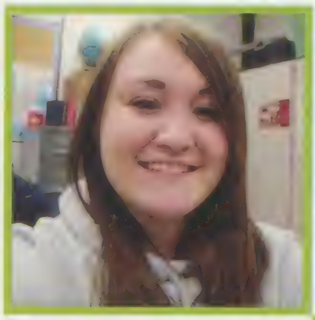
In Relationships and Adult Living classes, students do projects and play games that help to show them what their life could be like if they chose to spend it with a significant other.

Adams wants to help prepare the kids she is teaching for the real world. Not only does she incorporate the bad and the scary, but the good and the fun.

Devick said, "The Human Growth and Development classes are fun, but it was scary to see reality right in front of me; having a baby seems hard and it is shocking to think that people have them every day."

Senior Devan Stuve plays old maid but instead of the maid they use a crying baby. They had to combine vocab words with the definitions to get points.

Do you want to have kids some day?



Samantha Johnson

"I think that maybe I might have one but kids will break your bank."

Giovanni Gonzalez

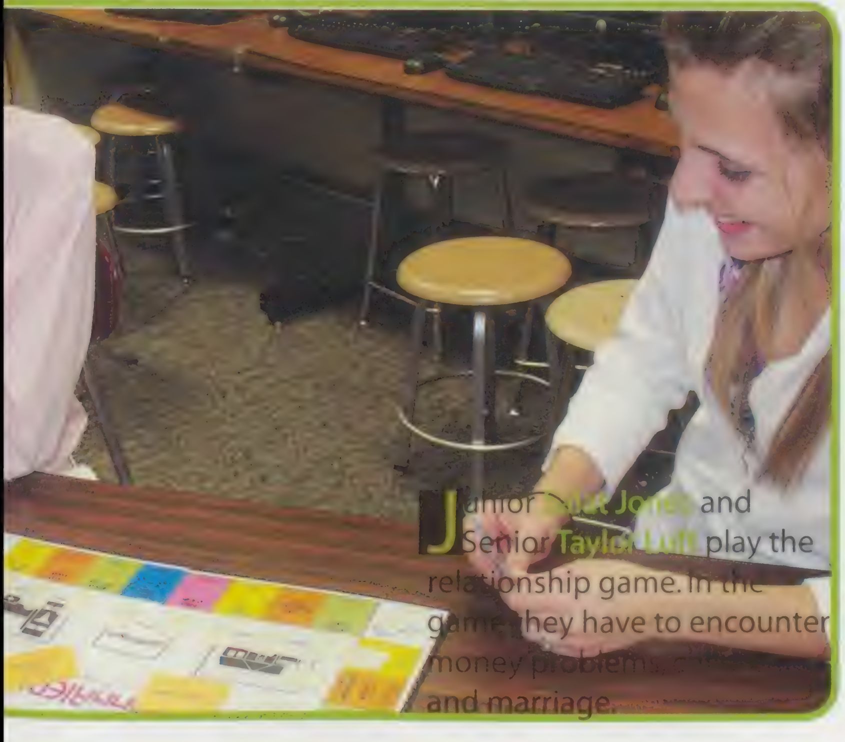
"Of course I want to have kids! I think that two girls would be amazing!"

Kelsey Walker

"I can't wait until I can have kids. I want a lot of them. I always wished I had little siblings."

Ryan Khounlo

"I think that kids would be nice some time in my distant, distant future... maybe."

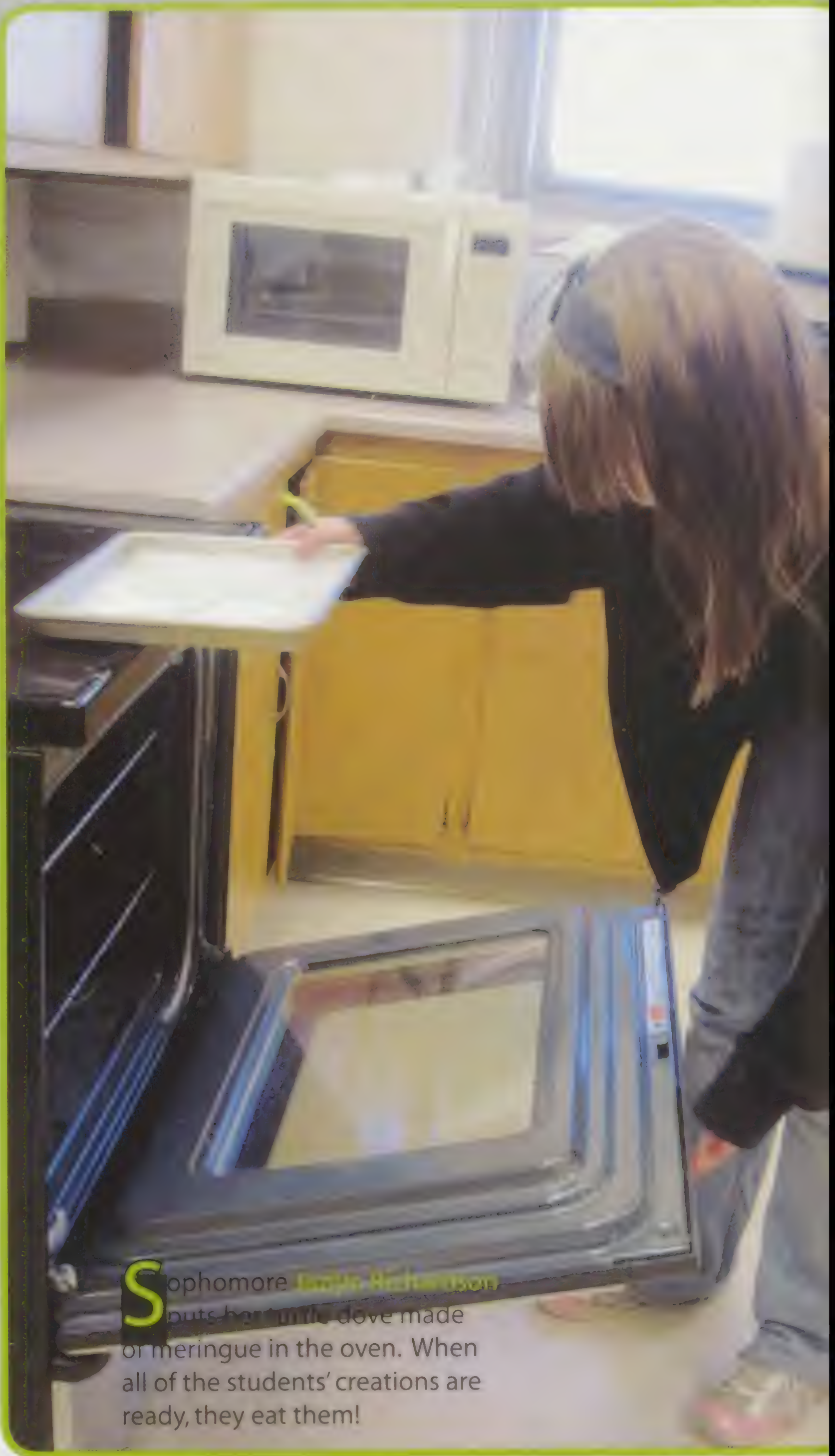


Junior [illegible] Jones and Senior Taylor Luft play the relationship game. In the game they have to encounter money problems, [illegible] and marriage.

Seniors Sharaya Jackson and Ariel Major look at their poster of interior design for a future house. They had to find an adult and make them a dream house.

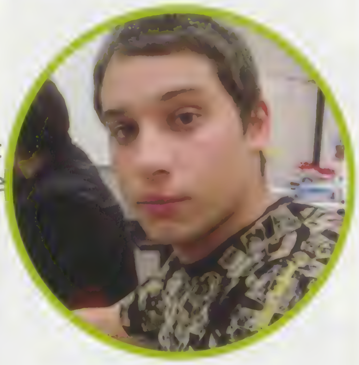
STORY/LAYOUT BY: Layla Schwartztrauber

Teacher Kathy Crum shows her class how to blend sugar, water, and powder. Afterwards, they do it on their own.



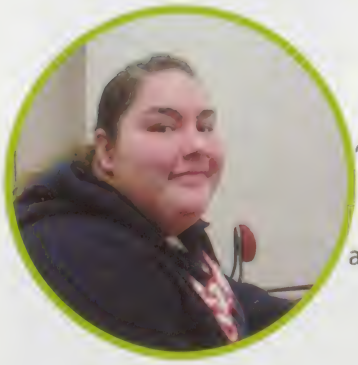
Sophomore [illegible] Richardson puts her white dove made of meringue in the oven. When all of the students' creations are ready, they eat them!

Where do you like to buy clothes from?



Anthony Bush

"I like to buy clothes from Pac Sun because everything there is my style so it is easy for me to find clothes that I like."



Charlie Harper

"I usually go to DEB to find my clothes because they have a large selection to pick from and they aren't too expensive."

Alex Reynolds

"I get all of my clothes from wherever my mom buys them for me or wherever my girl friend tells me I will buy them, and it usually works for me."

Junior Timmesha Thompson works on a scarf she was making in Sewing 2. When she finished, she took it home to use for the winter.

GAINING LIFE SKILLS

Many students choose to take classes that help incorporate practical life skills. Some of these classes include fashion, sewing, and foods.

"I like foods class because we learn to make different foods and we get to eat them!" said senior Brittany Beckman.

In class, they made foods such as muffins, coffee cakes, pancakes, and biscuits.

Senior Giovanni Gonzalez said, "Viva la food, that class was amazing!"

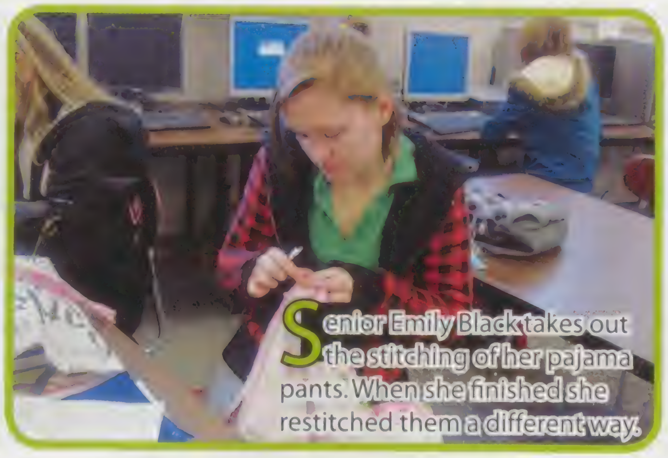
"I took fashion and it was great because we could be as creative as we wanted, I was getting to do something I loved and I was getting graded for it too," said senior Betsy Rife.

In fashion class, they got to make the clothing that they wanted but they had to supply their own fabric. Students had fun being able to take a break from thier average school work and doing something that was creative and crafty.

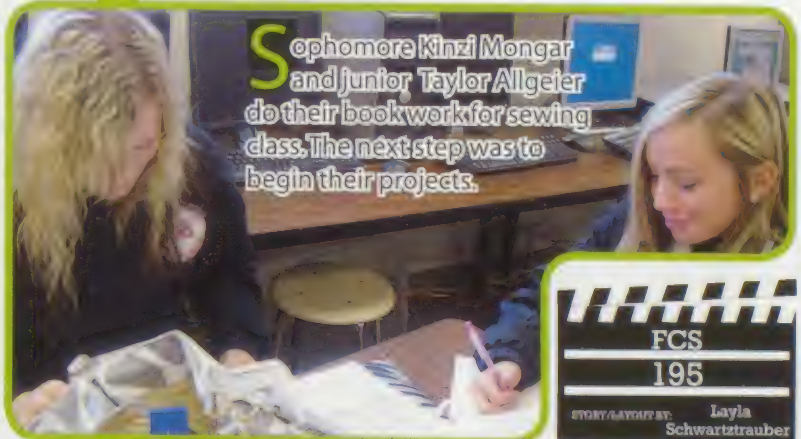
Senior Taylor Luft said, "I took sewing I and sewing II and I loved them so much. It was nice to be able to do something other than worksheets and tests."

Students who have taken the practical life skills classes have all agreed that it was nice to be able to learn things that you are going to need for the future. It was also a good chance for kids to find a career that interests them that is out of the norm.

Gonzalez said, "I know that I am going to have to be able to cook one day and I want to have an idea of what I am doing so it is nice to have someone show me how without being embarrassed."



Senior Emily Black takes out the stitching of her pajama pants. When she finished she restitched them a different way.



Sophomore Kinzi Mongar and junior Taylor Allgeier do their bookwork for sewing class. The next step was to begin their projects.

STORY/LAYOUT BY: Layla Schwartztrauber

APPRENDRE

LA LANGUE

LEARNING A NEW LANGUAGE MAY BE HARD, BUT IT PAYS OFF IN THE LONG RUN FOR STUDENTS.

Traveling to Peru?

Ayudame porfavor!

[Help please!]

Manera que voy a hacer aqui?

[Which way do I go to here?]

Donde se puede encontrar esto?

[Where can I find this?]

Puedes hablar más despacio, por favor?

[Could you speak more slowly, please?]

Donde hay un bien restaurante?

[Where is a good restaurant?]

Freshman Meredith Layman walks into her 5th hour French class. She sits down and listens to her teacher speak the language fluently. She hopes to be able to do the same once she leaves the class in a few years.

"I wanted to take French class because I think the language is really beautiful. I would love to be able to speak like that," said Layman.

Other students besides Layman wanted to be able to leave East with the ability to be fluent in a world language.

"I would love to go to France someday and I think the class would help me," said junior Stacie Brown.

Students also think that it is important for people to learn a language like French.

"America is very worldly now. If you are able to speak more than English, you will be able to communicate better with more people," said Brown.

Besides learning the language in French, students also learn about the culture.

"We learned what they eat in France and what they do for fun," said Layman.

But students cannot learn a complex language like French in one year.

"I'm glad that we are able to take French every year that we are at East. It would be impossible for me to learn it in one year. There is too much that I need to know and it will not fit in only one year," said Brown.

French is not the only language offered at East. Students are also able to take Spanish as their world language class.

Like French, students are able to take Spanish all the years that they are at East High School.

"There are six different Spanish classes at East but students don't have to take all of them. If they are advanced enough, they are able to skip classes and be placed in more advanced ones," said Spanish teacher Linnea Morris.

Morris said students can take: Spanish I, Spanish II, Spanish III, Spanish IV, AP Spanish IV, and AP Spanish V.

"I took Spanish all four years that I was at East. I ended up taking AP Spanish V," said Senior Molly Hinman.

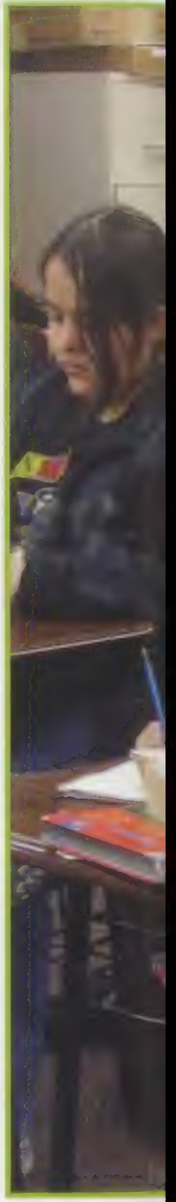
Other students were put in AP Spanish V as well. Because many students decide not to continue their Spanish education, the AP Spanish V class was small and was combined with the AP Spanich IV class..

"All of my AP kids are in the same class. They learn the same material and do the same assignments. My AP Spanish V students just have an extra year of practice," said Morris.

Students may not think that taking a foreign language throughout their high school career could be helpful, but others think differently.

"I think that being able to understand Spanish and speak it fairly well will help me to find a job when I get out of college. It will just boost my resume for the future. I think it was worth it to take Spanish all four years," said senior Tyler Vry.

Students get help from French teacher **Amanda Eimers**. Besides using French in the classroom, students can also participate in French Club.



Traveling to France?

Puis-je prendre des photos?... May I take photographs?

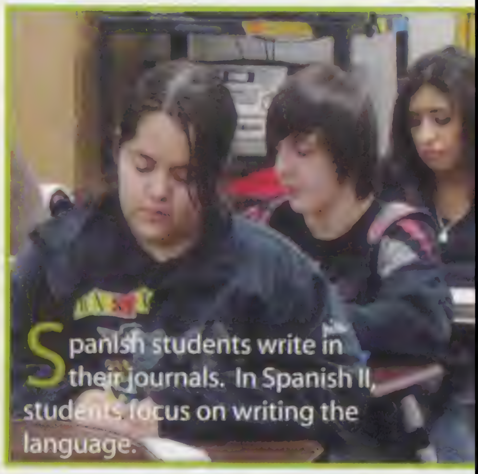
Appellez un docteur!.. Call a doctor!

Oú sons les toilettes?... Where are the bathrooms?

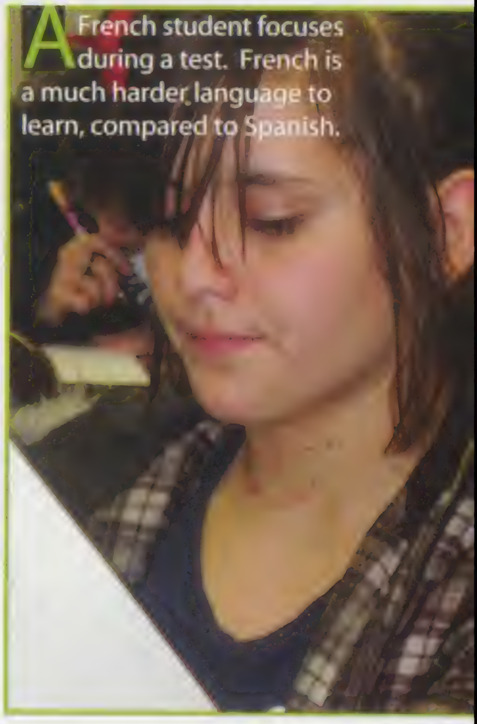
C'est très intèressant... Very interesting

Combien coute?... How much?

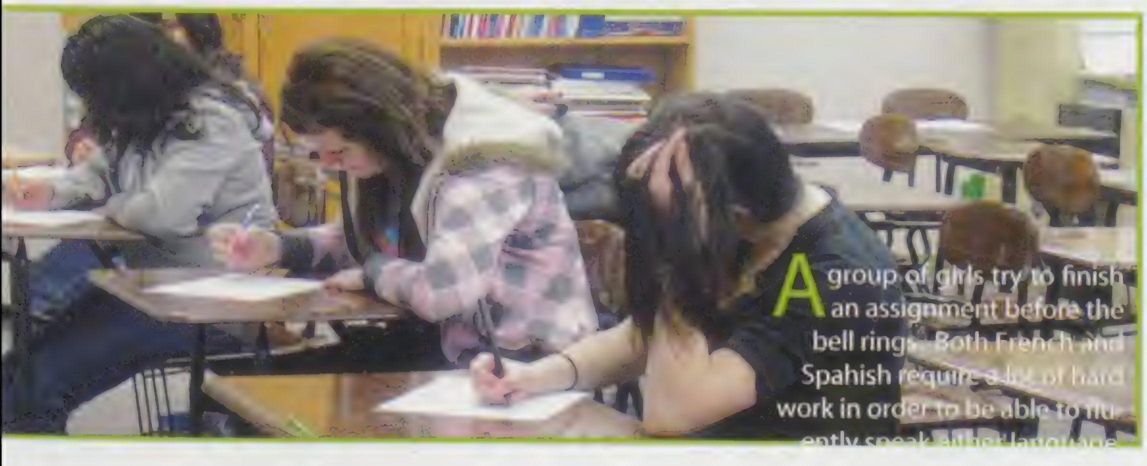
Spanish students listen to Mrs. Morris and takes notes. Students can take Spanish all 4 years.



Spanish students write in their journals. In Spanish II, students focus on writing the language.



A French student focuses during a test. French is a much harder language to learn, compared to Spanish.



A group of girls try to finish an assignment before the bell rings. Both French and Spahish require a lot of hard work in order to be able to fluently speak either language

STORY/LAYOUT BY: Kaitlyn Carpenter

helping HAND

beginning their future

As junior and senior year approaches, students are constantly asked the same question, "What are you going to do after you finish high school?" Many don't know for sure what they want to go into, whereas others may know what they want to be but aren't positive. Some selected students get the opportunity to explore their options in a class called Career Opportunities in Health (COH).

"I have wanted to be in the medical field somewhere but I didn't know where, so I thought this class could help me out before college. This class allowed us to go out and shadow; it also helped us figure out what we wanted to do before we got to college and blew money that didn't need to be blown," said Senior Michael "Mike" Jones Jr.

But in order to get into this class, students are interviewed by Jennifer Eppert, the Career Opportunities in Health Director. She chooses those she believes will be successful in the class.

Senior Sanna Sayavong said, "I wanted an opportunity to look around, see what interested me, and narrow down my choices. When I had my interview with Mrs. Eppert the previous year, I had hoped that the class would help me in many different aspects and it did."

Unfortunately during first semester, the students were hit with an order that said they couldn't go into the hospitals until flu season was over. The students were out for approximately three months and had to remain in class for three hours each day.

Jones said, "If we hadn't been able to return to the hospitals, my whole view of the class would've changed; but because we were able to get back out, it was pretty beneficial for me."

Throughout the year, students were able to do various projects such as making a website and posters for awareness week and they also did several activities to help with teambuilding, relationships and communications.

IOWA HEALTH
DES MOINES
Methodist • Lutheran • Blank

Students got the opportunity to test their patience and listening skills by playing with legos. They partnered up and gave instructions on how to build their pieces.

O HAND

Students learn the importance of communication by becoming an entangled human knot. Teacher **Jennifer [illegible]** observed the students to see how well they got along with one another.

During the year, the students were required to go help Happy Bear Coordinator [illegible] by being "Happy Bear" and teaching students about good touch and bad touch.

STORY/LAYOUT BY: Amberyana Jones

Senior Tyler Avant works on a worksheet during class. Economics and Government were.

Senior Vania Boland focuses during class. Government and Economics are required classes to graduate.

GOVERNME VS ECONOMICS

SELL OR $TUDY

SOME STUDENTS LOVE POLITICS BUT SOME ONLY HAVE EYES FOR THE MONEY.

Two classes. There is no possible way to get around them. Everyone has to take them if they want to walk in May. But what if a student was able to choose between taking only Economics or only Government? In Government, students learn about how America is run and in Economics students get the chance to learn about money and how a business is successfully ran.

"Both classes taught me a lot of things that I didn't know before. I had no idea that our government had so many parts to it and I never knew how a business was really ran," said senior **Alma Marquez**.

Some students may have learned a lot from both classes but others liked one class more than they other.

"I would rather take only government than have to take both classes. I am much more interested in politics and I am not that into how a business works," said Marquez.

Other students had a different opinion.

Economics was more up my alley than Government was.

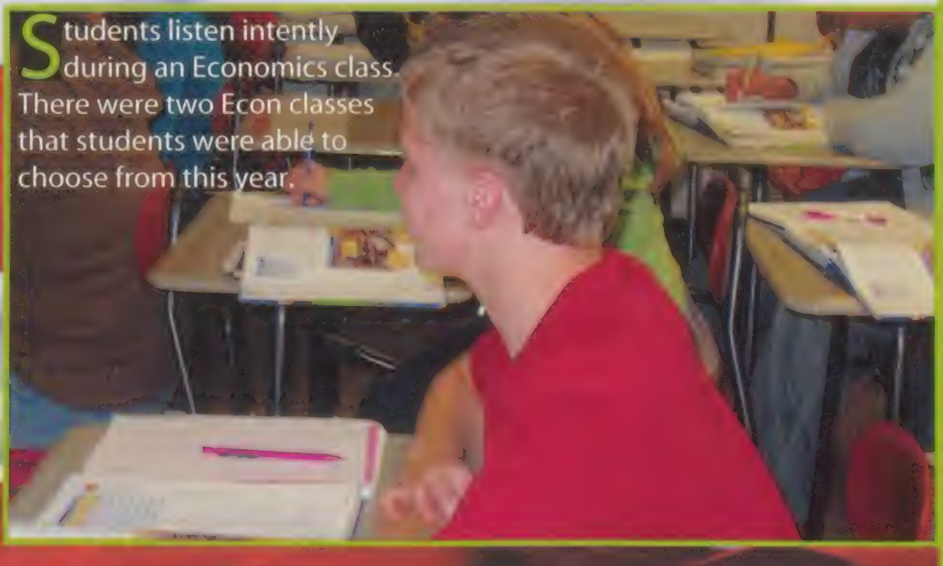
"In Economics, it's a lot more hands on and in Government there is not a lot of things that you can do. You can talk about topics, but in Econ, we got a chance to sell a product to our classmates and make a profit. I learn way more when I get to do something and not sit in a desk and read a book the whole time," said senior **Molly Hinman**.

"Economics is so much more fun for students. We may learn how something works during Government, but in Econ we actually get to do it and practice what we learn in the classroom. That is kind of hard to do in a class like Government," said senior **Carl Smith**.

Both classes have more than one option. A student is able to take advanced or [illegible] Government. In Economics, a student can take either a Micro/Macro course or a more theoretical class.

Teacher **[illegible] Thompson** said that students can take Advanced Government instead of just Government. Students have the chance to challenge themselves by taking an advanced class for Government while there is no Advanced Economics class offered at East High School.

While it may be nice to think about the idea of only taking your favorite class of the two, the reality is everyone has to take both classes if they want to graduate. But many students are happy that the classes are only a semester long.



Students listen intently during an Economics class. There were two Econ classes that students were able to choose from this year.

Government/Econ
201

STORY/LAYOUT BY: Kaitlyn Carpenter

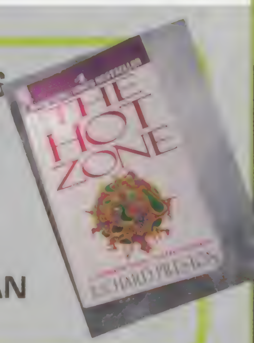
Students play a game relating to the physical characteristics of China 4000 years ago.

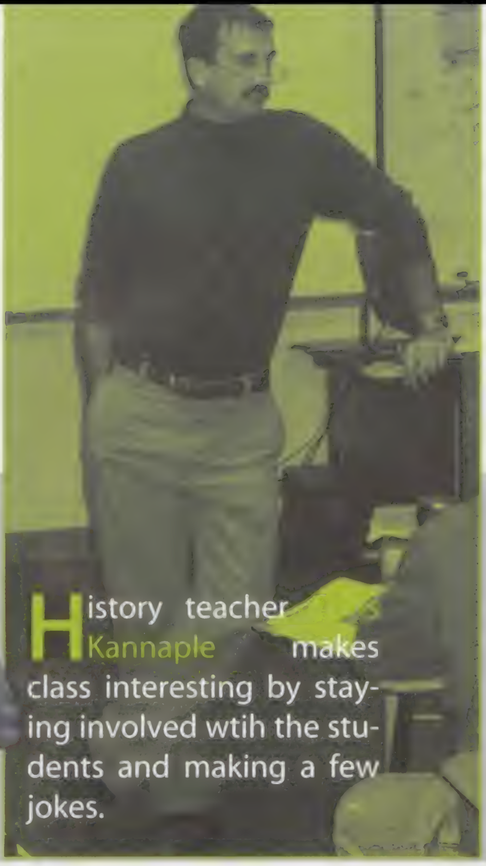
TEACHER APPROVED BOOKS AND MOVIES

THE HOT ZONE　OLIVER TWIST　SHREK

GONE WITH THE WIND　GLADIATOR

THE DaVINCI CODE　SAVING PRIVATE RYAN

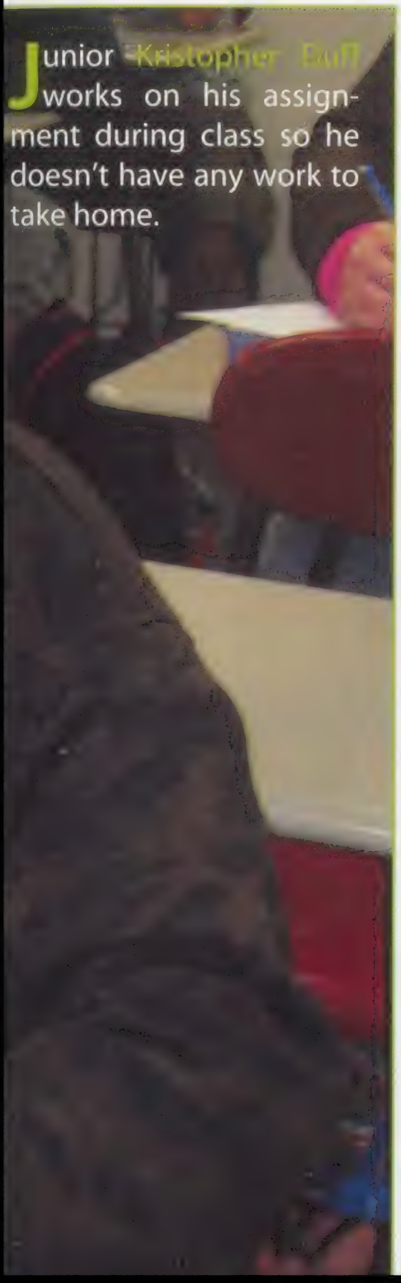




History teacher [illegible] Kannaple makes class interesting by staying involved wtih the students and making a few jokes.

PAST IS PRESENT

STUDENTS LEARN THAT HISTORY ISN'T JUST IN THE PAST, AND THAT IT IS RELEVANT IN THE WORLD TODAY THROUGH BOOKS AND MOVIES



Junior Kristopher Duff works on his assignment during class so he doesn't have any work to take home.

We all know history isn't relevant to the real world today. No cities are named after historical figures; no special dates on the calendar are related to historical events. This is something that advanced U.S. history and government teacher Stan Thompson likes to joke about during class.

Junior Shannissy Catron said, "American History can be pretty boring, especially when it is only notes and quizzes. I like it when I get to joke around in class."

World history teacher Deborah Peterson proves to students that history does connect with things we use today such as movies and books.

"My classes participate in cross curricular activities related to what they are learning in English," said Peterson. "When sophomores read the book The Hot Zone, we are studying how disease affects history."

While history class has a few projects and fun stuff, most of it is spent on notes, tests, and the dreaded current event.

"I like history class; I find it interesting and I like learning specific details about events," said junior Donald Carolus. "But the videos kill. I got detention for falling asleep during one."

According to sophomore DJ Palmer, class could be more fun. Games, group, and individual projects are assignments Palmer doesn't mind. These allow for learning as well as showcasing individual talents.

World history teacher Chris Kannaple said, "This year my students will be writing autobiographies and obituaries about a person of their choice from American history. I hope they find this interesting."

"I think it depends on the teacher whether or not a class is boring," said senior Meri Stoutenburg. "They either do worksheets and the class is dull or the class is fun because the teacher likes to crack jokes and do class projects."

Junior Hollie Russett studies her notes before a quiz.

STORY/LAYOUT BY: Megan Lein

RAISE THE ROOF

STUDENTS SPENT THEIR TIME WISELY AS THEY KNEW THIS WAS THE END OF A VERY REWARDING PROGRAM.

A 40 year program got cut this spring. What program you may ask? Home remodeling has been a program at East High School for 20 years now. It teaches kids how to do everyday work skills for renovating a house, but it all is coming to an end.

The class has been open to everyone; boys and girls of all grades. Without this class many of the kids would have never met some of their closest friends. The kids in the class have become very close with teacher Bill Oleson.

"This has been a great class and one of my favorite, it will be greatly missed." Said, senior Jacob Keeney.

The project that they worked on was completely rebuilding a house. Since the class is getting cut, they had to put the house up for sale as is, this spring.

During the project, the students have had many good experiences on learning to do things. They had to put up drywall, do plumbing, and many other things they will use in future jobs.

"My favorite thing that I have learned, was how to do some electrical work, because it's dangerous," said senior Dustin Dillinger.

While the kids are learning many useful trades, they are also having some fun! Every year they host a basketball competition that involves all of Oleson's classes. Most of all the kids are having fun with what they were doing. This class also helps with getting the kids on track for their future and college

"Skills that I have learned in this class, I often use at work, " said Clayton Young.

"Not many people think that the program would be fun, but that turned out to be a big surprise to the new comers this year. When the kids are together, they are very outgoing and fun to be around," said Oleson.

The students don't know how to do anything when they first enter the class but when it comes down to doing it right, Oleson works hard to help them out.

"Bill doesn't get mad at us for messing something up, he just helps us through doing it right, but if we mess the same thing up more than a few times, he starts getting frustrated with us," says Junior Don Carolus.

Many of the funding comes from the school districts. When it comes to the plumbing, Thrasher Plumbing helps out with teaching the kids a little about it.

"It's cool to learn from real professionals, and it's like that we are at an actual job environment," said senior Jesse Gering.

All in all, this class is about getting to know each other, and having fun, while learning how to do things that many people will need in the future. Home remodeling class will be very well missed.

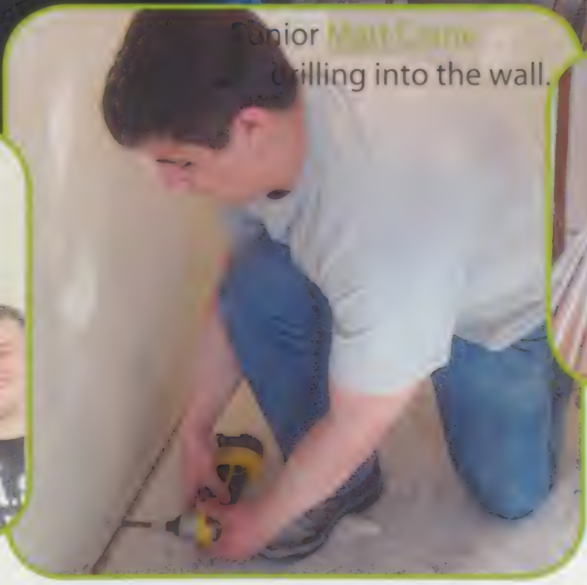
Many in the class are going to miss their sponsor Oleson.

"We all love Bill," said Keeney.

Junior [illegible] works on fixing the wall.

Seniors Jayan Phillips and Jacob Keeny

Senior Dillon Barber carefully fixing the mud on the wall.



Junior Matt Crane drilling into the wall.

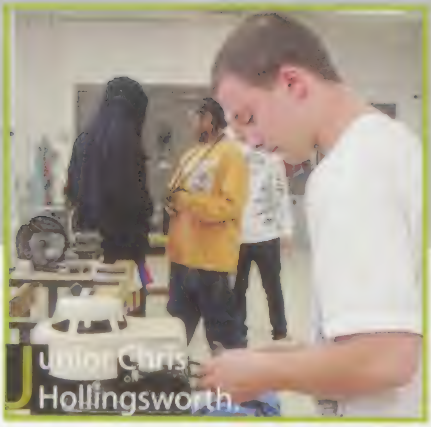
Senior Clayton Young works on staining the wood.

Senior Clayton Young works on staining the wood.

Junior Jose Marquez and sophormore Chris Valenzuela work together in class.

Student Randy Davenport works with his team on a motor repair.

Sophomores Zack Titus and Brandon Stok look to see what they need to do to fix their moto



Junior Chris Hollingsworth.

BUILD THE FUTURE

INDUSTRIAL TECH: METALS, DRAFTING, AND WOODS.

Students work on fixing a motor.

People who like to use their hands and build stuff are usually found in the tech wing. Some people think of Industrial Tech as only woods and metal classes, but it also includes a drafting class.

"Woods helps you later on in life to fix things. It also teaches you to learn how to use certain tools," said senior Tyler Rounds.

Some of the projects in woods include: a nightstand in Woods I; in Woods II, they make a gavel, pen or pencil, clipboard, shelves, and a bowl or plate; and in Advanced Woods the students build whatever they want.

"The real reason I took woods was because I had to, but after a while I ended up loving it. My favorite thing I made was the nightstand. Mine is the coolest and it's really pretty," said senior Jocelyn Brown.

For those who don't know drafting is mechanical drawing. The only drafting class at East is Intro to Drafting, but at Central they offer an advance drafting class, for those who want to pursue it more.

In metals, the students make a ball peen hammer, tool box, and a dustpan.

"I think metals is a valuable class because it gives you valuable resources that you can carry out into a career," said senior Chris Propst.

Powers class deals with another form of metals. Students fix and correct motors.

STORY/LAYOUT BY: NADIA TYLER

PIECE OF PI

Senior Tori Reasoner puts her hand down after asking a question. Reasoner chose to take precalculus her senior year to help prepare her for college.

To buy the TI-84 calculator or not to buy the TI-84 calculator? That has been a question many math students have remained torn about whether it be their freshman or senior year.

"I haven't gotten a calculator because you don't always need them. When I have homework and I do need one I just check one out from Mrs. Cross," said senior Jade Kruetz.

There are many pros to having this new elite edition calculator, but the major con is the $80 cost in order to have one. In the beginning of high school, families worry about spending the money in case it's only used for one year. As a senior they worry that this may be their last year needing it.

"I don't think they should be required, but I strongly encourage students to get them. I mean, they'll help through college," said math teacher Robbie Malm. Malm has been teaching math for 35 years.

With each passing year, the TI-84 calculator becomes more and more advanced. The newest comes with 9 special features and a connector cable for internet access.

"I've never hooked mine up to the internet or anything. This calculator can do a lot of things but it's difficult to figure out how to get to do those things," said junior Katie Hines.

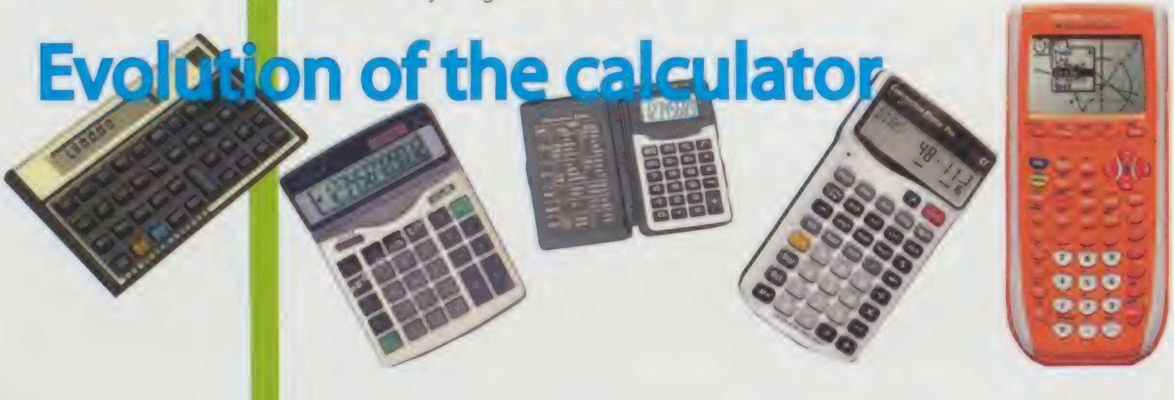
Some of the features for the newest edition of the TI-84 are 9 times the memory space, 2 times the speed, free apps and games, a preloaded periodic table, customizable faceplates and slide cases with 14 different colors to choose from.

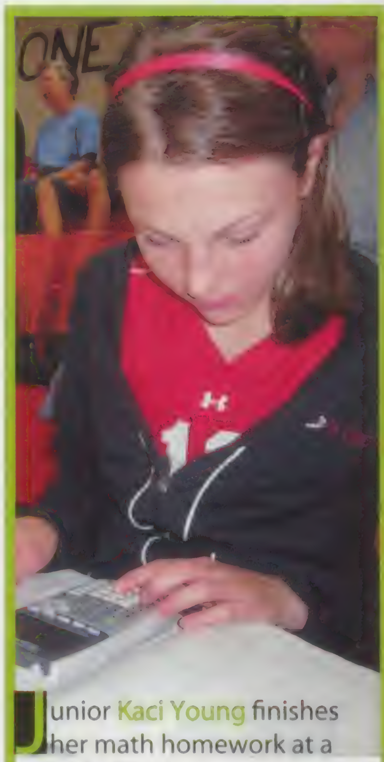
"I bought my first TI-84 calculator this summer and I chose the purple one because I liked the color, but it was still kind of pricey," said junior Kaci Young. Last year Young went through Algebra 2 without a calculator and now wishes she would have gotten one then.

Though the calculators have all the possible functions needed, it's necessary for students not to become dependant upon using them. There are some tests taken in high school that ban certain advanced calculators from being used.

"I just went ahead and bought a calculator freshman year because I knew I was in advanced math and that I'd probably end up needing it," said sophomore Miranda Mason.

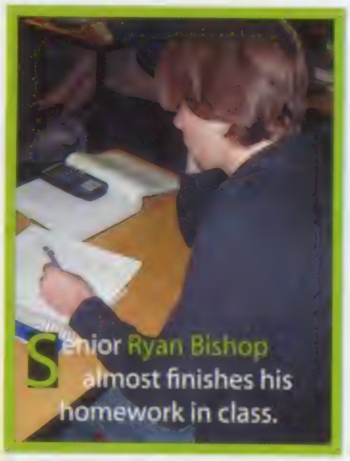
Evolution of the calculator





Junior Kaci Young finishes her math homework at a volleyball tournament.

Teacher **Robbie Malm** gives her class extra examples to help with their precalculus homework. Precalculus was changed to a weighted class this year.



Senior **Ryan Bishop** almost finishes his homework in class.

Left: students try to get seats in the front of the class. They felt as though it was easier to get help that way.

STORY/LAYOUT BY: Kate Hurley

FRAME IT UP

SHOOTING AT DIFFERENT PERSPECTIVES AND MAKING SURE TO CATCH THE RIGHT LIGHT ARE JUST A FEW SKILLS NEEDED FOR GETTING A GOOD SHOT.

Seeing something with a different view, and in a different perspective, is something students do when they are in photography.

"Photography is a fun class," said junior Michael Brown.

According to teacher Nancy Fehn, in 1992 the newspaper was printed at East and there were two different photography classes, one for yearbook and one for newspaper.

Fehn taught photography full time for nine years and had an AP weighted class until school funds were cut; she now teaches both English and photography and enjoys spreading her wisdom.

Students enjoy leaving school grounds, with permission, to go to different places to get different kinds of pictures.

"It's fun to be able to get outside and take pictures with people," said senior Adam Elsinga.

To get a good picture students have to think outside the box, try different angles, and different lighting.

"It helps by making certain subjects taller, bigger, shorter, or smaller so the viewer can really see what you are trying to show them," Elsinga said.

Teacher Rich Bright said, "When I came to East I envisioned this to be a class that worked with students to expand their knowledge base for photo taking and manipulation. Students had a different idea from previous years on why they took the class and what would be expected in the class."

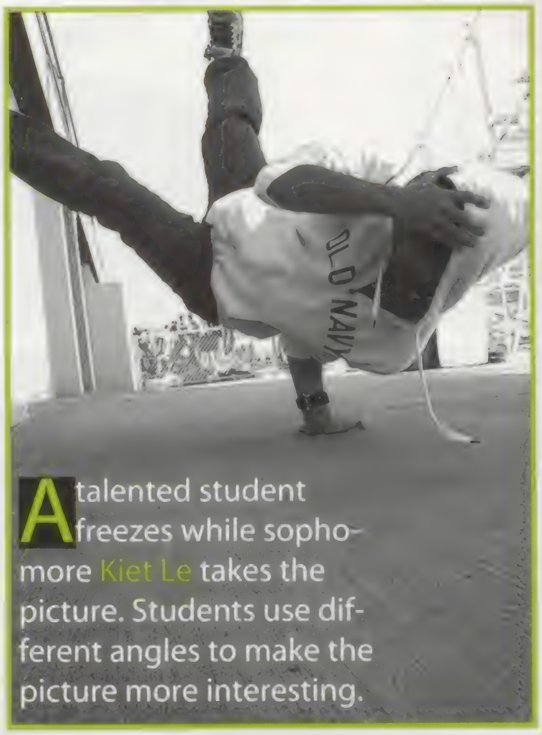
Another way to mess with a picture in Bright's class is with Photoshop.

"Learning new techniques and how to manipulate pictures in Photoshop is always a blast," said Brown.

In Fehn's class students get to do a self portrait project where they can either take a picture of themselves or something that represents them.

According to Bright this will also be the last year that Photography will be taught as a class in Technology Education. Next year it will be a unit of a Graphic Arts class.

Students working hard on their projects. Photography isn't just taking pictures.



A talented student freezes while sophomore Kiet Le takes the picture. Students use different angles to make the picture more interesting.

WHAT MAKES A GOOD PICTURE?

Madelin Marquez (12)
"The texture it shows and the angle it's taken from."

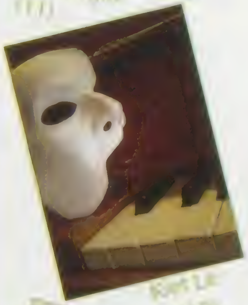
VaPhang Vang (12)
"If it's something you like. It's a personal opinion."

EOS DIGITAL

Senior Zach Bennett kneels down to get a shot. Bennett said that he loves to show people his point of veiw.

THE GALLERY

Katie Sergio (11)



Kiet Le (10)

Sam Johnson (12)

Alexis Cummings (10)

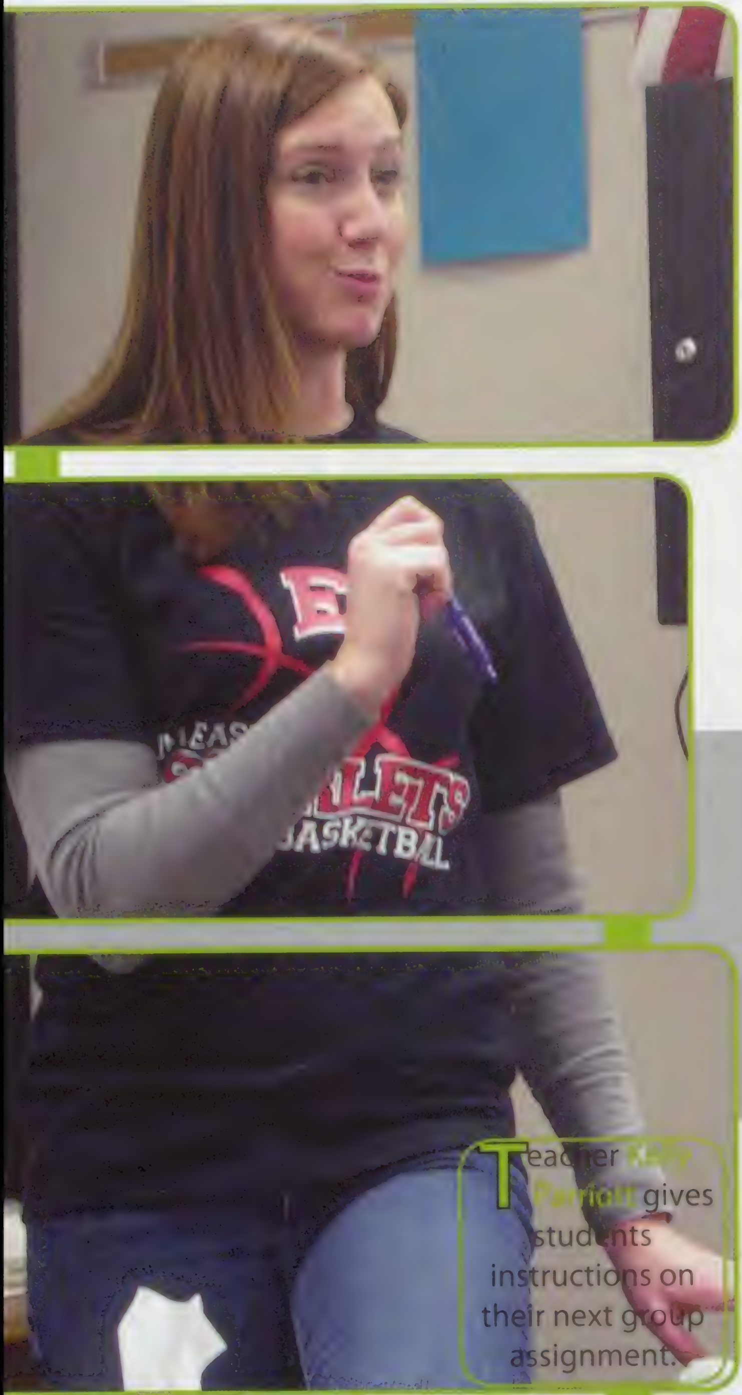
Tyler Griffin (12)

Miranda Mason (10)

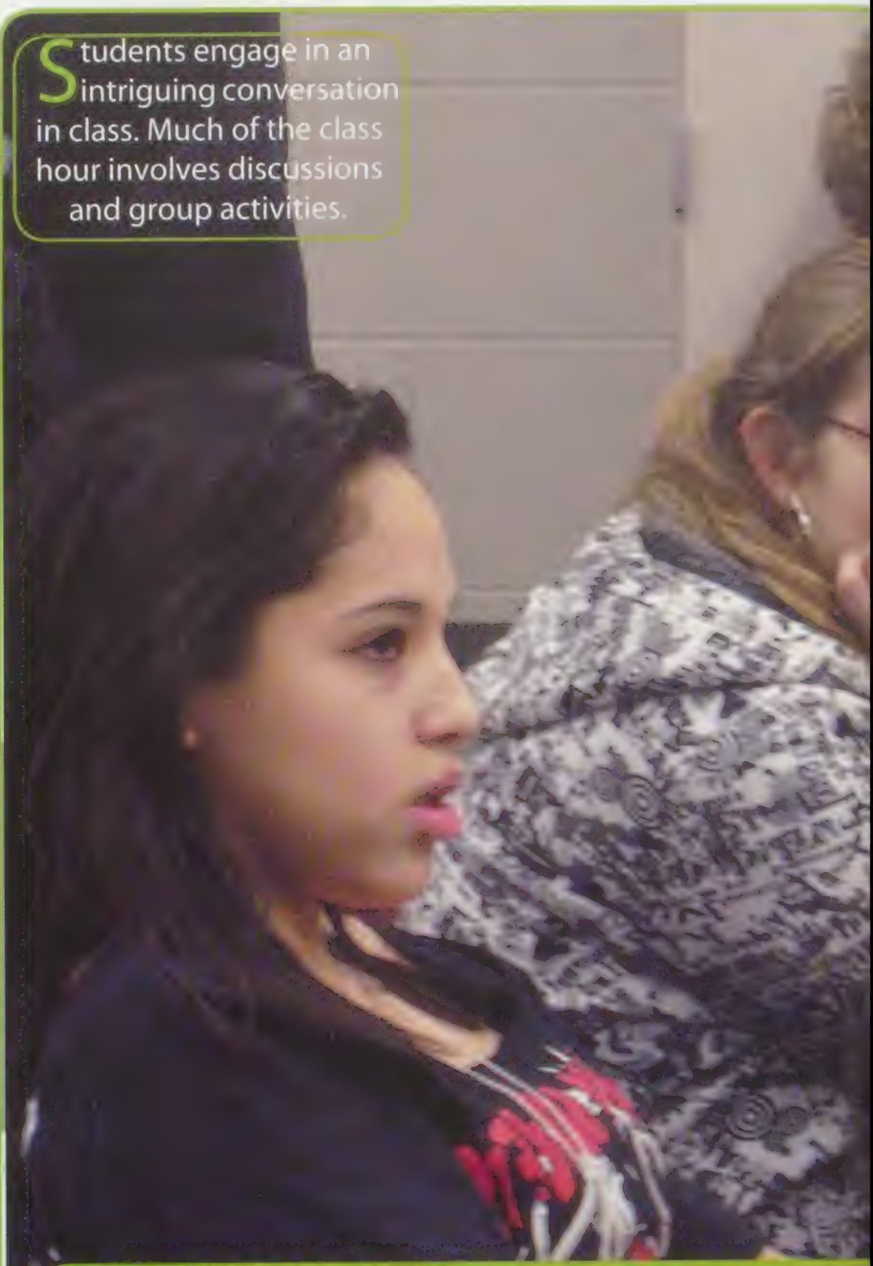
Photography

211

STORY/LAYOUT BY: Sammy Jones



Teacher Kelly Parriott gives students instructions on their next group assignment.



Students engage in an intriguing conversation in class. Much of the class hour involves discussions and group activities.

INSIDE THE BRAIN

For an entire semester, students learn the how's and the why's of social and personal behavior.

SOCIOLOGY

The study of human behavior; especially the study of the origins, organization, institutions, and development of human society.

PSYCHOLOGY

The science that deals with mental processes and behavior; the emotional and behavioral characteristics of an individual, group, or activity.

Students walk down the halls every day and continually ask questions about why another student, a group of people, or a culture acts the way they do. In psychology and sociology, teachers Kelly Parriott, Lynn Hoff and their students crack open their books and try to unlock the code to the human brain.

"Being in this class has given me a new knowledge that might help me in the future," said junior McKenzie Cook.

Senior Molly Hinman agreed and said, "This class taught me things about how the human body works and how it can affect people. We learned a lot about how people operate and work together."

For both teachers, it was their first year teaching their classes, so some students would say the shoe was definitely on the other foot.

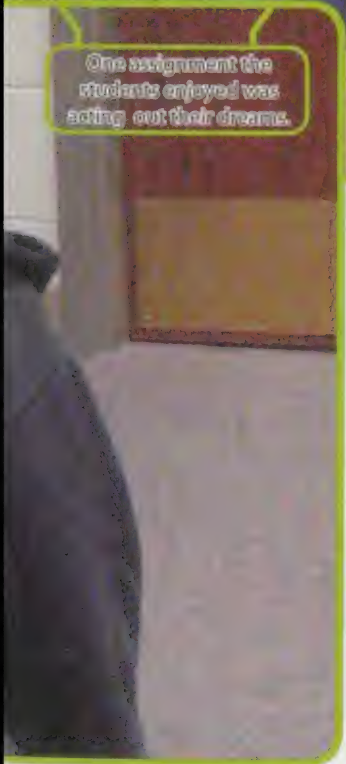
New psychology teacher, Parriott said, "Everything was new for me."

But, although it was her and Hoff's first year of teaching these classes, this didn't stop the many class discussions they jumped into every day; they are plan to take what they learned this year and restructure their classes in order to help enhance the students learning environment in the upcoming years.

"I'm trying to see what works. I believe that exposing the students to diversity, cultures and other factors like it will help them gain a better understanding" said Hoff.

Throughout the year the students got the opportunity to do several small assignments and experiments to help them gain a better understanding of how the mind and the body work together.

"My family has always had a huge interest in psychology and being in the class helped me find out how the things I've gone through will affect me psychologically. I liked being able to do the mini-group projects also because they helped show us different types of psychological approaches" said senior Aimee Davis.



One assignment the students enjoyed was acting out their dreams.

Participation in group discussions are a key part of the students' grades.

Being involved helped the students learn and understand the material being taught.

STORY/LAYOUT BY: [illegible] Jones

how is your life **average?**

"One time when I was driving, I had the urge to curse very loudly. As soon as I said the word, a car honked. I felt like life was censoring me."

life is AVERAGE

"Today in science class, my teacher asked us what we thought of when we heard the word 'evolution.' I thought of Pokémon, but I didn't say anything."

"Today during a test, I didn't know the answer to a question. Instead of guessing, I drew an epic battle between pirates and ninjas. Guess who got extra credit? No, not me. I just got a question mark."

The site *www.MyLifeIsAverage.com* (MLIA) is a place where the everyday adolescent can post the highlights of their day and complain about how typical their life is.

Sites like MLIA have grown to fascinate the teenage community and have served as a fun distraction from daily work.

"It makes my day to laugh at other people's lameness," said senior **[illegible] Reynolds**.

To other students, it's a reassurance to know that they aren't the only ones with a normal outlook on life.

"It's nice to know that there are lives that are more pathetic than mine," said senior **[illegible]**.

Another hot spot for readers is *www.HighDEAS.com*. HighDEAS shows posts of the best ideas (while you're high).

"Does anybody else incrementally make the water just a little bit hotter in the shower? It's like my body gets used to the warmth so I crank it up just a tiny bit more and it's the best thing in the world."

"There are actually some pretty sweet ideas and inventions on HighDEAS," said Reynolds. "I actually use the shower idea all the time!"

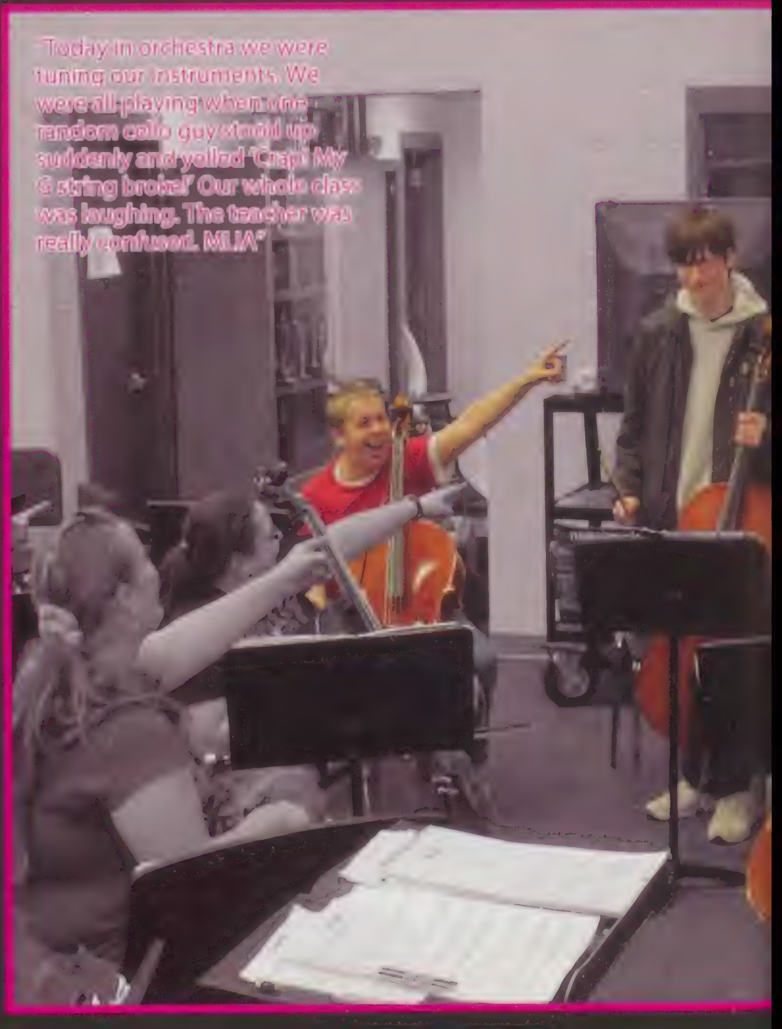
If you want to get a little more cynical, *www.FMyLife.com* (FML) is a perfect place to share your "everyday life stories" and to "get the guts to spill the beans."

"I post some of the funniest posts on my Facebook status," said junior **[illegible] Ahmed**. "The pessimistic people on FML are so dramatic, it's hilarious. It's weird how real the stories are."

Some popular stories on FML include parents celebrating their child's birthday on the wrong day, girlfriends dumping their boyfriends for vampire Edward Cullen, and many affairs and cheating significant others.

FML, MLIA, and HighDEAS are just a few websites whose posts entertain millions of readers.

"Today I wore Axe Body Spray. I wasn't tackled by any women. MLIA."



"Today in orchestra we were tuning our instruments. We were all playing when one random cello guy stood up suddenly and yelled 'Crap! My G string broke!' Our whole class was laughing. The teacher was really confused. MLIA"

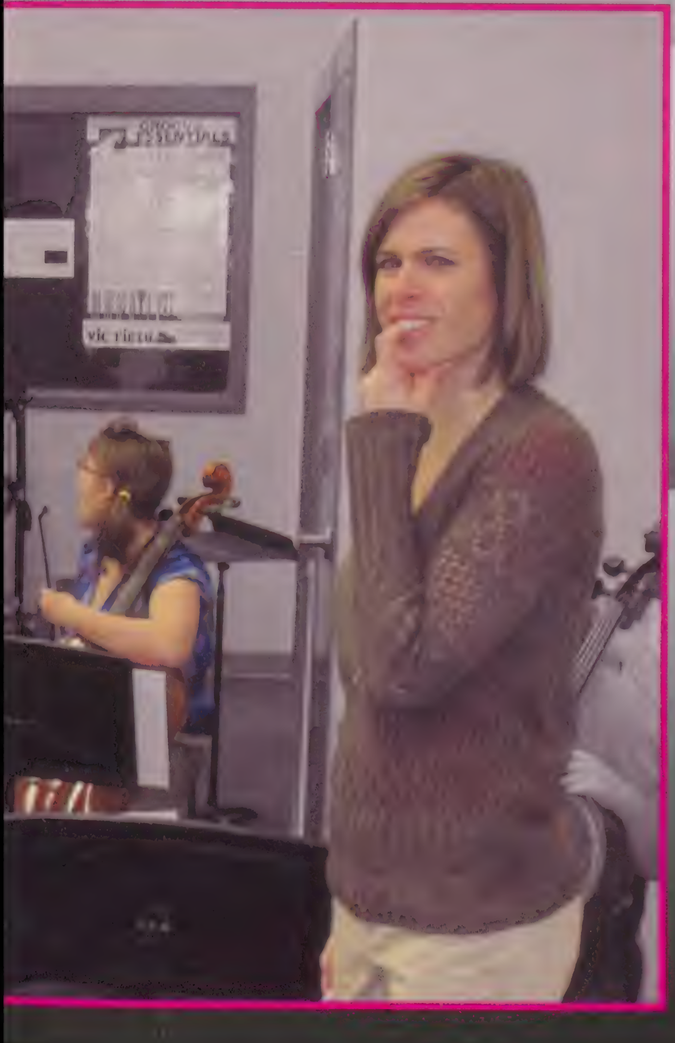
VERAGE

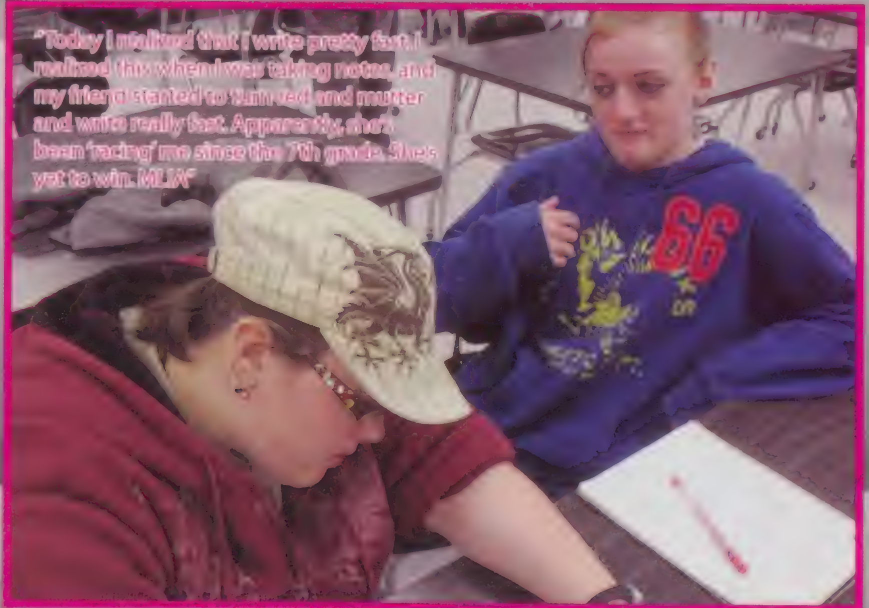
"Yesterday, we had tacos for lunch. The line for the tacos was tremendously long and after about 10 minutes of waiting in line, a guy starts cheering 'Gimme a T! Gimme an A!...' and so on, spelling 'taco'. He had everybody in the cafeteria cheering."

MyLifeIs**Average**

Life is pretty normal today.

exploring www.mylifeisaverage.com





"Today I realized that I write pretty fast. I realized this when I was taking notes, and my friend started to turn red and mutter and write really fast. Apparently, she's been 'racing' me since the 7th grade. She's yet to win. MLIA"

MLIA

STORY/LAYOUT BY: Madison Williams

Ambreyana Jones

Kaitlyn Carpenter

Editors in Chief

Nadia Tyler

Kate Hurley

Design Editors

Maddie Kasper

People Editor

Layla Schwartztrauber

Ad Editor

Quill Staff celebrates getting each deadline done by having a little party.

Megan Lein

Sports Editor

Alina McDaniel

Academics Editor

Madison Williams

Organizations Editor

Sammy Jones

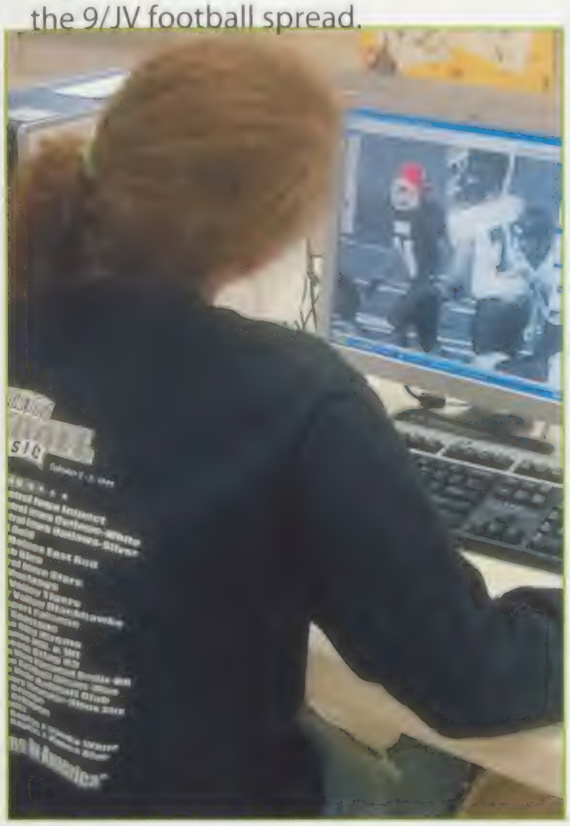
Photo Editor

Evolution of Quill

1906-1908
Volume 1
1963-1965
Volume 57
1979
Volume 73
1992
Volume 86
1993
BACK TO THE
Basics
1993
Volume 87
EXPECT
2001
Volume 95
2009
Volume 103

QUILL

Carpenter sits down to do the 9/JV football spread.



Each year students come to room 3061N to not only get the newspaper, but also the yearbook. When getting their yearbook, students look through it and count how many times they're in it and get them signed by friends and other peers. Usually after getting the books, people don't look at them again until they're old and gray or after a reunion.

The students behind the yearbook know that this is a time capsule for most of the students and anyone who is in their life. For this reason, the Quill staff works hard all year long to try and make it the best yearbook ever.

As soon as the last yearbook has been purchased, the staff immediately begins listening, arguing, and discussing next year's plans.

"We tried to make sure that we included everyone and that everybody's voices were heard. We also wanted the book to be unique and different from the ones before it," said co-editor in Chief Ambrevana Jones.

Roses are red, Violets are blue. Quill is spectacular, and the staff is too.

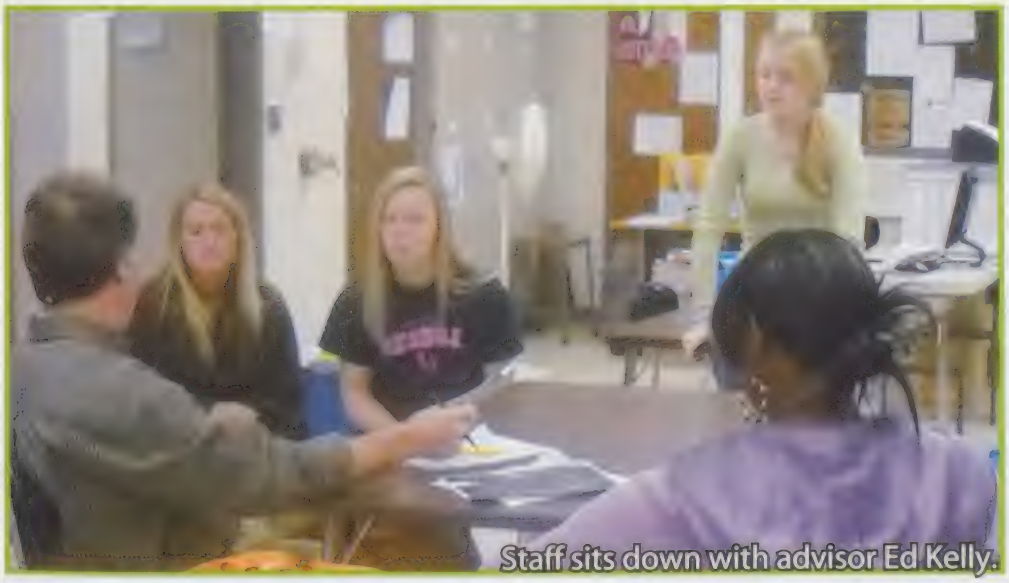
Making sure that there weren't a lot of repeated faces and headlines, and getting everything turned in on deadline days was only a little bit of the fiasco.

For us, 3061N is more than just a class that we have. It's basically like a 2nd home for us (besides actual school) and the people in it are like family, even the strays.

Five deadlines and a couple of years later, we hope that we brought you a good enough yearbook, one you can look back on to remember all those good times you had in high school.

<3
The QUILL staff

Schwartztrauber calls businesses to get ads into the yearbook.



Staff sits down with advisor Ed Kelly.

■ We would like to thank Dante Terry for helping us take pictures ■ throughout the year. And also Yesnenia Alvarez for helping with ads.

STORY/LAYOUT BY: NADIA TYLER

WHAT'S THE 411?

SCROLL STAFF RETURNED WITH FEW TALENTED VETERANS AND MANY NEW CREATIVE ROOKIES.

Students rush to room 3061 N every other Friday to hear about all the latest news. This year, the Scroll staff lost many talented seniors but that didn't stop them from having a successful year.

"I'm not pumped that there is only three of us who have already been on the staff, but the newbies are smart, they'll figure it out," said senior co editor, Tyler Seher.

With only three returning staff members, there were 9 newcomers from the previous years' journalism class that were prepared to bring in new and creative ideas.

"Actually, being on scroll is a lot more of a challenge than being in J1. We only had one or two deadlines to meet every month, now we have pages due every week!" said junior Liz Bolten.

According to the staff, many of them consider Scroll as more of a business than just a regular class. They come to class ready to work and ready to get things done.

"It's a fun class; we have a lot of freedom but responsibility comes with that freedom. We work hard to get the paper published every other week," said Bolten.

In past years, the staff had dedicated the back page for a calendar with many pictures and important up coming events. Last year the calendar was taken off, and this year the calendar had returned.

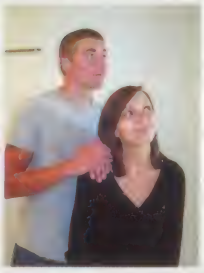
"I've heard many of my friends ask why the calendar hasn't been there, so this year when we saw it was back we were pretty happy," said senior Tori Reasoner.

This year, the newspaper had a new creative design which was made by design editor Rene Reynolds.

"Our new design was absolutely amazing, we needed something new to spice things up," said senior co editor, Caitlin Schuler.

Scroll Staff

Tyler Seher and Caitlin Schuler

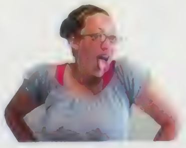


Co-Editors

Rene Reynolds

Design Editor

Taylor Bimbi



Staff Writer

Brooke Young

Staff Writer

Liz Bolten

Staff Writer

Ariel Major

Staff Writer

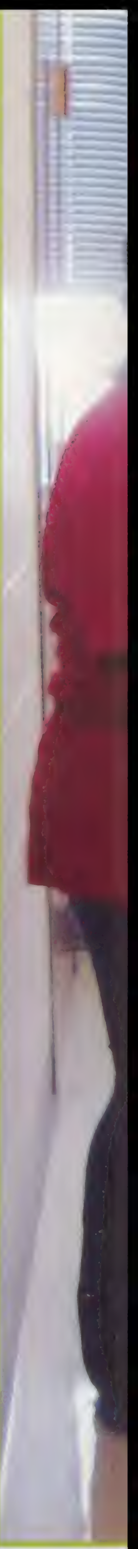
Christian Rodriguez

Staff Writer

Jessica Wehrle

Staff Writer

SCROLL
Pick-up



SCROLL
Pick-up

Senior Michelle Bernardino picks up newspapers for her advisory. During this time, students were able to get them for their classes.

The Scroll class has a meeting about what topics they're going to cover in their next issue.

Co-Editor Tyler Seher works on his page layout. He races to meet the deadline.

STORY/LAYOUT BY: Madison Kasper

KEEP ON GOIN'

IN P. E., STUDENTS LEARN HOW TO GET IN SHAPE IN A WAY THEY ENJOY.

Sometimes taking a course that you don't enjoy can be quite stressful and can create a dysfunctional learning environment. For most students here, they are required to take P.E. sometime before they graduate. Therefore, students have to make the best out of the situation.

Senior Angelica Lawson said, "Even though it is a requirement, I think that our P.E. program is making progress. Some schools don't have some of the things that we have."

To make the class more enjoyable, the physical education program has evolved and continues to bring new and exciting programs aboard. So for students who don't necessarily enjoy the regular P.E. class that is taught by [illegible] and Joyce Vickroy, they could simple choose to hit the weight lifting room with Rick Roberts or Terrie [illegible], or they may even quiet their minds in the yoga classes taught by Vickroy and Fenstermann.

"The changes have been extremely good because if you don't have the athletic ability then there is weight lifting; and if you rather work on your flexibility there is yoga. I think this makes our program better" said senior Ty[illegible] [illegible].

Every student's experience in P.E. is different, but the changes have made an impact.

Fenstermann said, "The setting in the fitness room has changed dramatically from a boring all over white to lots of inviting colors; the weight room is also getting a makeover with equipment that is being replaced and will match. All of these changes in the weight room and fitness room have been very positive for the students."

According to Fenstermann, during October the school participated in moving for 30 minutes and continued the new tradition of the Extreme Four Square Tournament that had also been a success the previous years.

Senior Cody [illegible] tackles one of the Sumo wrestlers after a match. Students were able to show their moves during class.

During P.E., students can do various things. Many students enjoy playing an intense game of basketball to pass the time.

Students were given the opportunity to do various activities during class. One that many enjoyed was climbing the wall that they stationed in front of the building.

Students battling it out

STORY/LAYOUT BY: Ambreyana Jones

LIGHTS CAMERA ACTION

The Radio/TV/Film classes have been able to improve on the resources they have and have some goals that they hope to accomplish in the near future.

"The studio used to be in a little room about one-third the size of the classroom we're in now. We now have two rooms. We used to have two TVs and now have fourteen and we've also gone from two video cameras to about five," said teacher Ron Borstad.

According to Borstad, one goal is to be able to start a new kind of yearbook.

"I'd love to start a video yearbook but I can never get kids to get into it. We would start from the beginning of school and just go around and tape certain things throughout the year. The problem with it is that it could stop the regular yearbook because we could sell the DVD's for $10 compared to the price students pay for the book now," said Borstad.

Some students in the class agree with that goal.

"It would be cool and it's something different. I'm interested and I think others will be, too," said junior Megan Say.

"It would be really fun to do, but I also think it would be very hard to do," said senior Zach Bennett.

According to junior Amanda Stougard, it would be interesting "but then again you can't really get a DVD signed by all your friends which is part of the fun of a yearbook."

The reasons that students take this class vary.

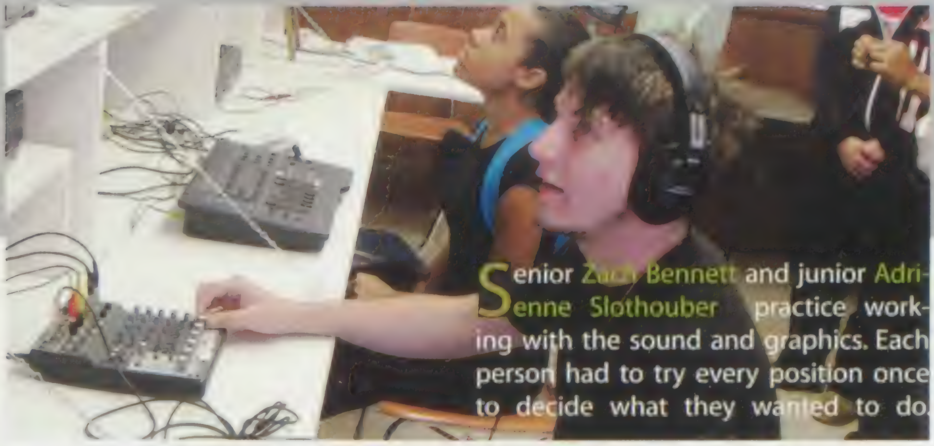
"I chose this class because I want to be a record producer when I get done with school and I figured since this class deals a lot with media, it would be a good place to start. Learning how everything in media works is really fun. Plus what other class requires you to watch TV for homework?" said Stougard.

"I took the class because it was different and I wanted to try something new. I liked the class because it was easy and hard at the same time. We had simple work that we had to do but we really had to focus in order to get a good grade. Doing the radio, film and all of it, you really have to get into it," said Say.

Seniors Troy Perez and Jacob Gracey practice using the sound board and graphics. They used a TV to make sure the graphics showed up right.

THE RADIO/TV/FILM CLASSES MADE A GOAL TO START A VIDEO YEARBOOK. THE NEW YEARBOOK MAY CAUSE CONFLICTS WITH THE TRADITIONAL YEARBOOK.

Juniors Deon Hayes and Naday Chandler work as a cameraman and prompter. The prompter must follow what the anchor is saying so that he/she is ready for the next page.



Senior Zach Bennett and junior Adrienne Slothouber practice working with the sound and graphics. Each person had to try every position once to decide what they wanted to do.

To prepare for an upcoming project, students had to experiment with different roles. They had to use graphics and record them to put them on screen.

Positions

Prompter:person or machine that turns pages for the anchor while he or she is reading

Anchor: a person who is the main broadcaster on a program of news, sports, etc., and who usually also serves as coordinator of all participating broadcasters during the program

Sound Board: person that adjusts the sound for a broadcast or performance.

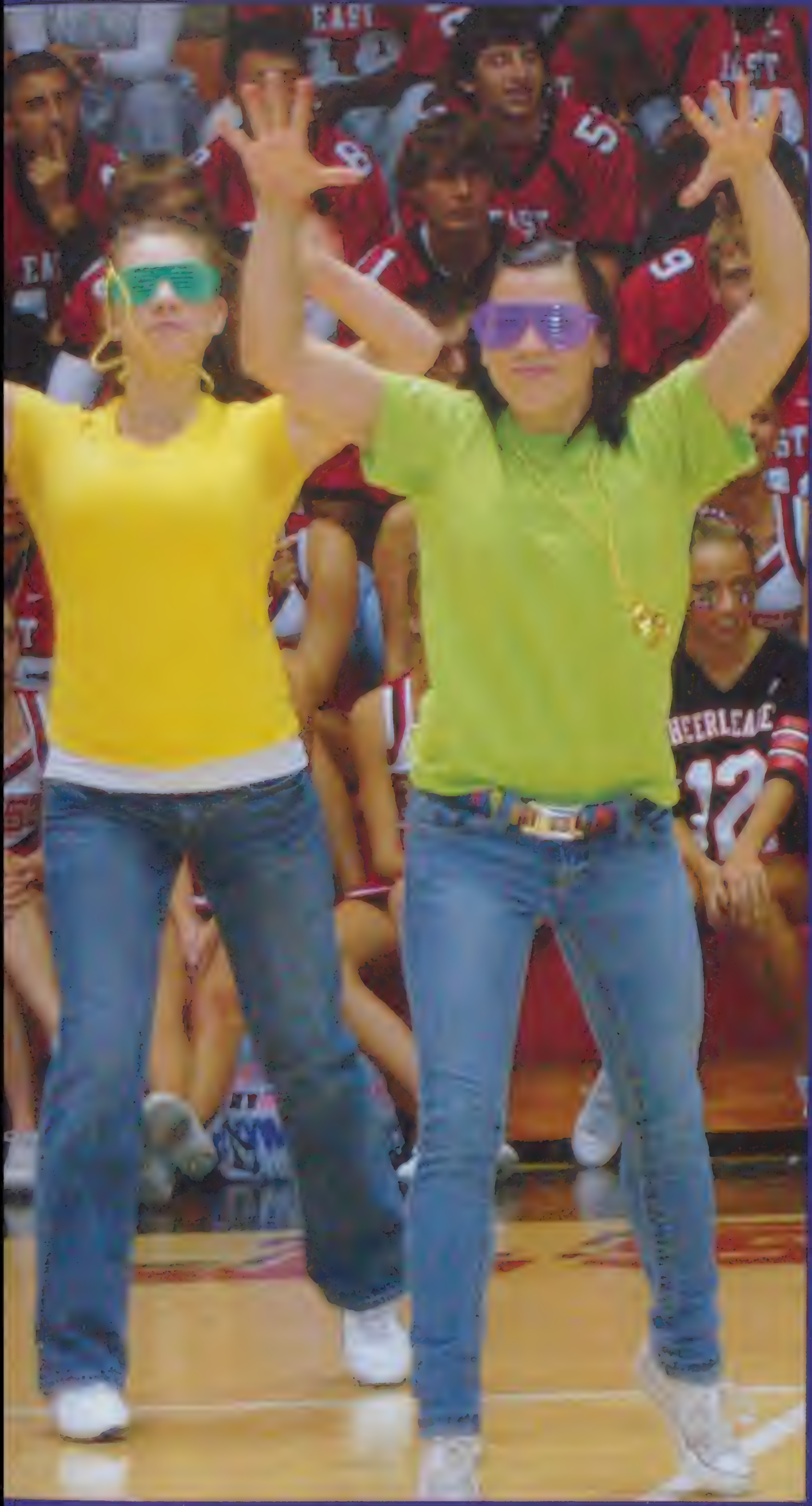
Graphics: Person that uses graphics or pictures that relate to the story and adds them to the side of the screen

Seniors Val Brazzle andPreston Mill practice being the anchors for a news broadcast. This was the only position that students weren't required to do.

STORY/LAYOUT BY: ALINA MCDANIEL

ORGANIZATIONS

BEHIND THE SCENES



"You have the voice of an angel. Your voice is like a combination of Fergie and Jesus."
-Dale (John Reilly) in Step Brothers

junior caleigh mormann

(Above) sings her part during a song the group just learned. Teacher Traci McCaull chose what songs were to be performed.

chamber choir

Altos look at their music as they practice for an upcoming performance. The group performed several times throughout the school year.

Movies with the best mus

from:

Disney
Beauty and the Beast
Sleeping Beauty
Cinderel

sound of music

You may not have thought that you can earn credit before school, but it's possible if you take part in 's Chamber Choir group.

"Some don't believe it, but Chamber Choir is an actual class. The students get a fine arts credit for it each year.

Along with being able to earn credit by singing, the students were also able to earn other awards.

"Students can also receive a vocal music letter," said McCaull.

Although it is a class, the students perform at various venues each year.

"We had some performances at school but we also had one at Merle Hay Mall. Going to Merle Hay was my favorite. We got to sing with the choir and the orchestra and played for whoever was in the food court at the time," said junior .

At the performances, students didn't just sing normal, everyday songs.

"We sang some in Latin and other languages but we also sang many in English," said Rattray.

As far as who chose the songs...

"I picked them," said McCaull lightly.

But no one can just walk in and become part of the group. McCaull said the students had to try-out to be in the choir. She also said she tries to keep it at around 12-14 people each year.

All of the students in Chamber Choir participate in other vocal and musical groups as well.

"I also do show choir and hand bells," said Rattray.

Although students had to wake up at the crack of dawn on Mondays to get to practice, they loved being part of a family.

"We're all really close. This was my first year but I am definitely going to do it again," said Rattray.

"It really was great to be part of the group. I'm glad I did it," said Meri Stottenburg.

the group

[illegible] und the piano [illegible] chool practice. Chamber choir practiced both after school and before school.

Pocahontas
Peter Pan
The Lion King
Lilo & Stitch
Aladdin
Snow White
Hercules
Jungle Book
Mulan
Toy Story

Chamber Choir

STORY/LAYOUT BY: Kaitlyn Carpenter

don't stop

Senior Kylie Grantham opens the performance with her saber solo.

believin'

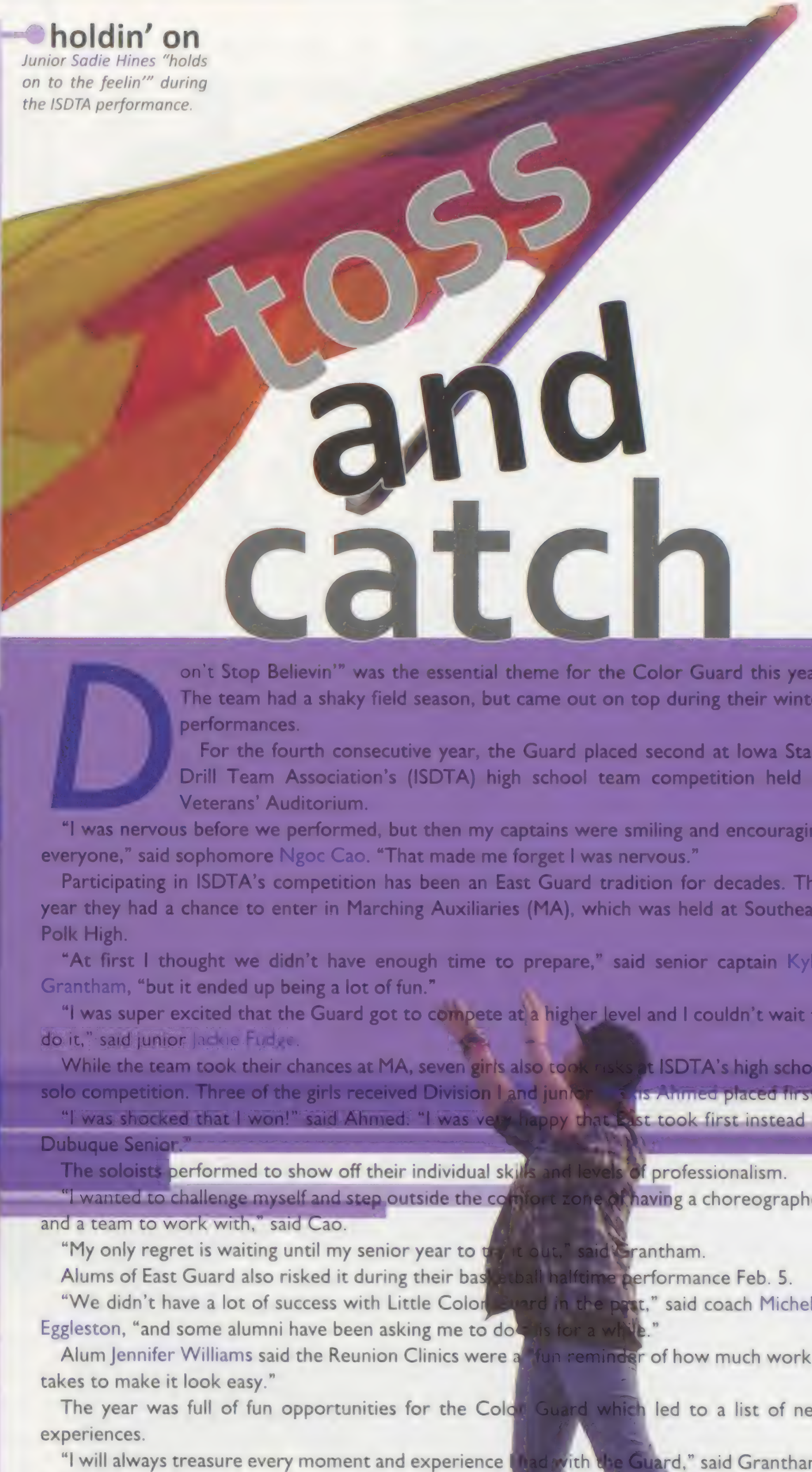
Color Guard girls tested their faith at ISDTA State competition Dec. 4.

practice wounds

Junior Alexis Ahmed sits down to ice her head after a toss went wrong. Ahmed was prone to bumps and bruises according to coach Michelle Eggleston.

holdin' on

Junior Sadie Hines "holds on to the feelin'" during the ISDTA performance.



toss and catch

Don't Stop Believin'" was the essential theme for the Color Guard this year. The team had a shaky field season, but came out on top during their winter performances.

For the fourth consecutive year, the Guard placed second at Iowa State Drill Team Association's (ISDTA) high school team competition held at Veterans' Auditorium.

"I was nervous before we performed, but then my captains were smiling and encouraging everyone," said sophomore Ngoc Cao. "That made me forget I was nervous."

Participating in ISDTA's competition has been an East Guard tradition for decades. This year they had a chance to enter in Marching Auxiliaries (MA), which was held at Southeast Polk High.

"At first I thought we didn't have enough time to prepare," said senior captain Kylie Grantham, "but it ended up being a lot of fun."

"I was super excited that the Guard got to compete at a higher level and I couldn't wait to do it," said junior Jackie Fudge.

While the team took their chances at MA, seven girls also took risks at ISDTA's high school solo competition. Three of the girls received Division I and junior [illegible] Ahmed placed first.

"I was shocked that I won!" said Ahmed. "I was very happy that East took first instead of Dubuque Senior."

The soloists performed to show off their individual skills and levels of professionalism.

"I wanted to challenge myself and step outside the comfort zone of having a choreographer and a team to work with," said Cao.

"My only regret is waiting until my senior year to try it out," said Grantham.

Alums of East Guard also risked it during their basketball halftime performance Feb. 5.

"We didn't have a lot of success with Little Color Guard in the past," said coach Michelle Eggleston, "and some alumni have been asking me to do this for a while."

Alum Jennifer Williams said the Reunion Clinics were a "fun reminder of how much work it takes to make it look easy."

The year was full of fun opportunities for the Color Guard which led to a list of new experiences.

"I will always treasure every moment and experience I had with the Guard," said Grantham. "I have learned that you can't really love something until you go through the good and bad times of it all."

the silk squad

The girls finished strong at the MA Championships. Two soloists and the group competed in MA which was held at SEP in Feb.

STORY/LAYOUT BY: Madison Williams

Senior Drum Majors Say Goodbye to Band

"The people are a lot of fun. I'm really going to miss you guys!"
- Meri Stoutenburg

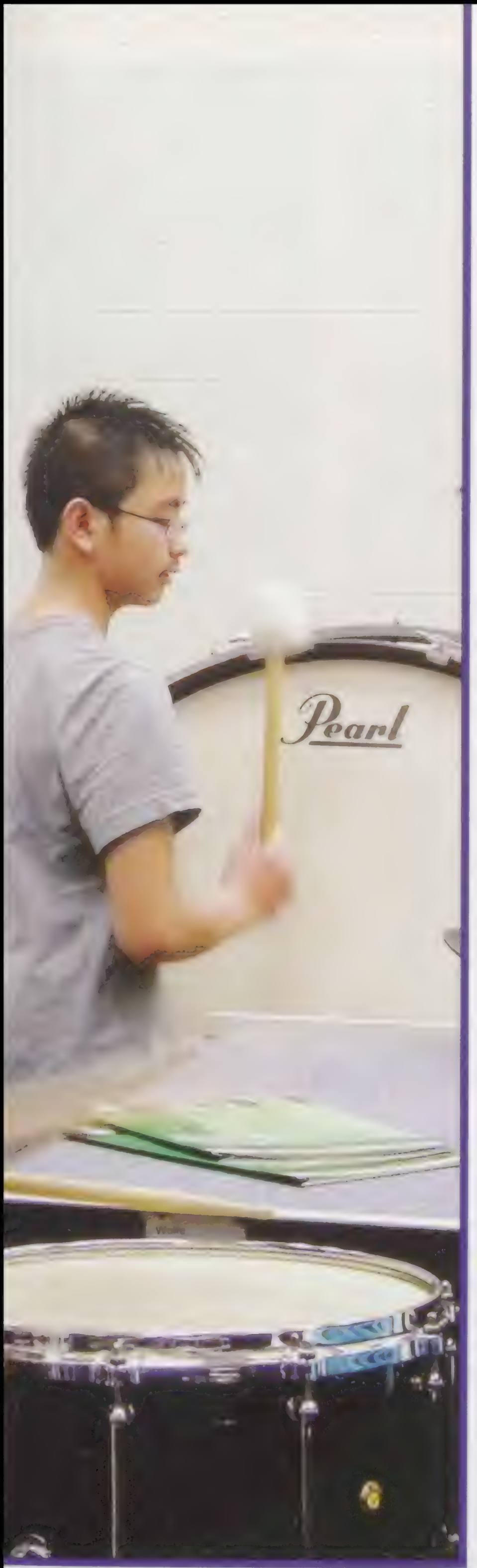
"Band was a lot of fun this year and we did great! I wish everyone luck after I am gone."
- Nick Hamilton

conduct
Band Teacher Ryan Rowley prepares to conduct the band. Three full concerts take place throughout the year: in December, March and May.

french horns
Freshmen Jay Rowat and Kassidy DeBont practice their parts of the music. For the first time the band had a full horn section, with 4 horns.

percussion
Sophomore DJ Palmer plays the snare drum in a piece for the winter concert. Percussion parts are given out through auditions.

flutes
Seniors Claire Diver and Meri Stoutenburg wait for their next entrance. Both are in Honors band, a band class that is weighted by auditioning for other bands.



band ten-hut...

Rain, sun, sleet, and snow. Summer, winter, fall, and spring.

No matter what season or weather condition, the marching band is always on the move, practicing and performing.

After several unexpected events in the past year and a half, the East marching and concert band made a quick recovery and came back stronger and better than ever.

Junior Taylor Pettit said, “Band is my favorite class. When I learned that we were going to compete this year, I was so excited. There are so many opportunities this year and we have the ability to make everything work.”

The Marching Scarlets kicked the year off with band camp beginning on August 3 and suffered through the summer heat, but all the practice paid off.

“When I started band this year I never thought that I would be able to march or memorize music,” said freshman Grant Jones. “Most of us memorized our music within a few weeks, including myself. When I went to the East-Lincoln football game and I saw the Lincoln marching band using lyres (metal clip which holds sheet music) it made me really proud.”

According to instructor Ryan Rowley, marching competition is a tradition that adds another purpose to performing.

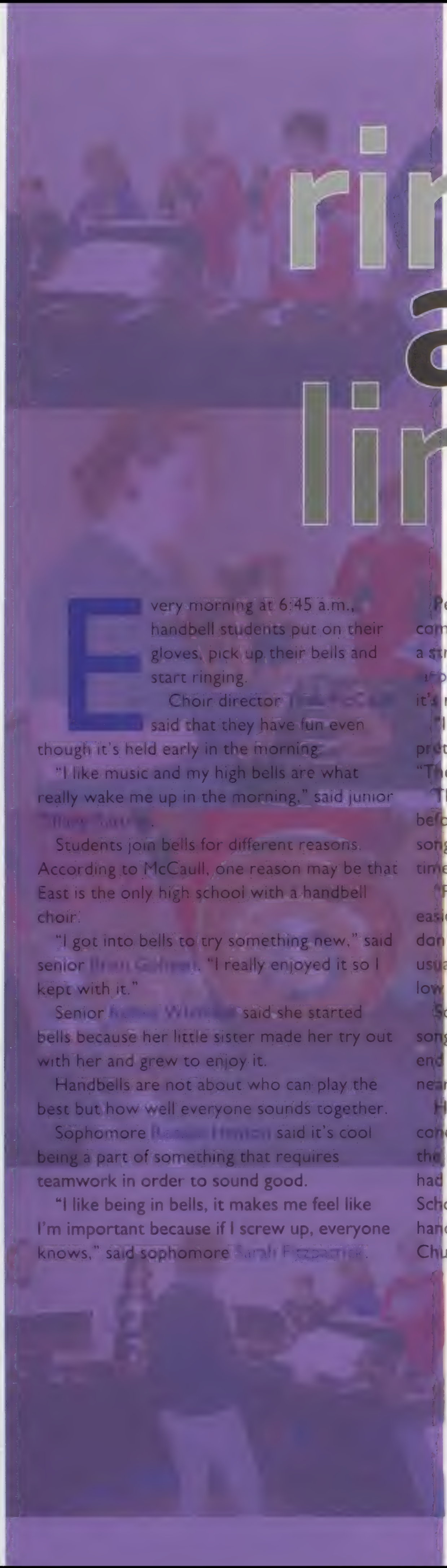
“The students really like competition; it is a strong tradition in band,” said Rowley. “I think that the community rallies around and supports our marching band.”

Along with learning how to play and perform music, band is a class that teaches students self discipline that future employers and colleges look for.

“We have so many leaders who want their hard work to show,” said junior drum-major Cody Mitchell. “Also, the freshmen and the skill level that they are playing at are amazing.”

“The motivation and self-discipline in the overall band is higher,” said Rowley. “This year’s group has the potential and ability to go farther than they have before and experience so much more.”

STORY/LAYOUT BY: Megan Lein



ring a ling

Every morning at 6:45 a.m., handbell students put on their gloves, pick up their bells and start ringing.

Choir director [illegible] McCaull said that they have fun even though it's held early in the morning.

"I like music and my high bells are what really wake me up in the morning," said junior [illegible].

Students join bells for different reasons. According to McCaull, one reason may be that East is the only high school with a handbell choir.

"I got into bells to try something new," said senior [illegible]. "I really enjoyed it so I kept with it."

Senior [illegible] said she started bells because her little sister made her try out with her and grew to enjoy it.

Handbells are not about who can play the best but how well everyone sounds together.

Sophomore [illegible] said it's cool being a part of something that requires teamwork in order to sound good.

"I like being in bells, it makes me feel like I'm important because if I screw up, everyone knows," said sophomore Sarah Fitzpatrick.

People have their own opinions when it comes to bells. Some, like McCaull, say it's a stress reliever, and some, like sophomore Jacob Wagner, say they like it just because it's musical.

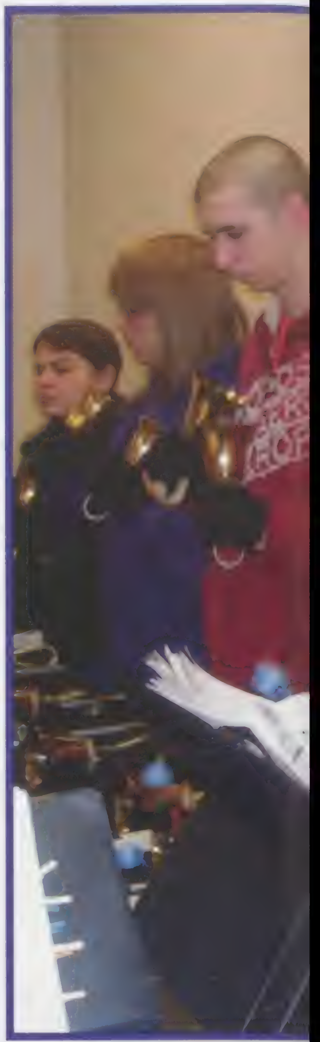
"I like bells because they're shiny and prettiful," said junior Caleigh Mormann. "They also have a lovely, beautiful sound."

The students have to learn their songs before their performances; some of the songs are harder than others and take more time, and some are pretty easy.

"Paying the low bells makes it kind of easier," said junior Shelby Jackson. "We don't have as many notes as the high bells usually, but there are a few songs that the low bells get the hard part."

Sophomore Michael Fitzpatrick said, "The songs are difficult at first, but I eventually end up playing better when the concert is near."

Handbell students played at all the choir concerts and also at Merle Hay Mall with the show and chamber choirs. They also had a day when they played at Hoyt Middle School for the Handbell Festival with Hoyt's handbell choir and Mt. Olive Lutheran Church.



Performing at one of the there choir concerts, the beginner bells ring. Dress code for bells is white or black top and black pants.

Advanced bells focusing on ringing and hitting the right notes. In bells you can mallet, rings, and swing to make different sounds.

Beginner bells showing off their ringing skills at the Scarlet Lounge. They performed above the cafeteria.

Low Bells stand ready to play. Low bells make the low, deep sound.

Check List For Bells:

☑ Gloves
☑ Music
☑ Stands
☑ Foam [illegible]
☑ Chimes
☑ Bells

STORY/LAYOUT BY: Sammy Jones

just beat it!

Senior [illegible] Heinemann and sophomore DJ Palmer bang on their drums all night at the Scarlet Lounge.

tune-up

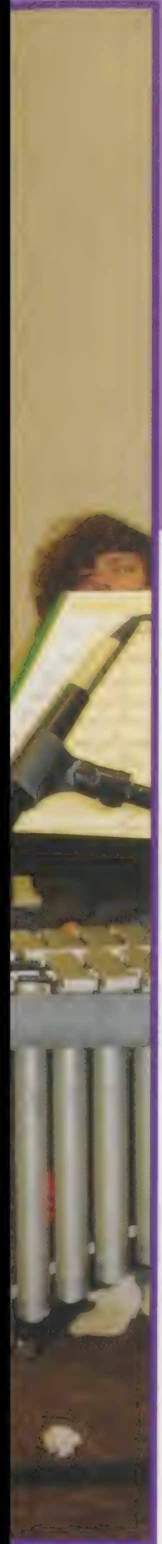
Band director Ryan Rowley plays a chord to help the band get their instruments tuned and ready.

practicing swing

Senior Nick Hamilton practices his improvisation solo the day before a school concert.

funky music

Sophomore Jacob Wagner plays a steady tempo with his guitar along with the jazz band.



got that swing

Seventh period is a time for the jazz band students to learn about a new style of music, according to band director Ryan Rowley.

"Jazz music has a more historical perspective to it," said Rowley. "It has an American background and it's completely different than the other music in concert band."

To experience the historical music, students are required to audition. Trying their luck with scales and improvisation, future musicians wish to finalize their spot in the band.

"In jazz band we need two basses," said senior Seth Hinshaw. "So, sometimes there's competition for the spots."

"I wish I got into jazz band. I think it's so cool," said junior Thomas Allen.

Apart from competition between the members, the jazz band also participates in state-wide competitions.

"All City Jazz Band Competition is the one we prepare the most for," said Rowley. The All City Competition is an annual event where Des Moines schools compete for the first-place prize.

"We did great at All City Jazz because we have a strong jazz program with a lot of great players," said senior Nick Hamilton.

The band also presents their swing at the Rose Retirement Center and partakes in the Aebersold Jazz Camp, a series of clinics and performances over the span of four days.

"The jazz band is given more opportunities to perform," said Rowley, "and I think Aebersold really helps improve their musical skills as well."

"Jazz band is a smaller group with more experienced players. You play harder music and you gain a more fulfilled experience," said Hamilton.

they had the swing..

Louis Armstrong

John Coltrane

STORY/LAYOUT BY: Madi Williams

stringing you along

Violins, cellos, and basses.... Oh my!

This year, the East orchestra and band students joined together to create a symphonic orchestra.

According to junior Jackie Fudge, the wind symphony and some orchestra students met on Mondays, Wednesdays, and Fridays in the mornings and played more advanced songs.

"I liked that the band and orchestra could play songs together and that the pieces were more challenging. I didn't like that there were fewer people playing each part. I had to watch the conductor more and know my part instead of relying on other people," said sophomore Ngoc Cao.

"At first I didn't like the difficult pieces of music but then practice made them easier to understand. I like how we were able to merge the different sounds together and make an actual orchestra sound," said senior Miya Williams.

Fudge said that she wishes that more people would have showed up in the morning. While 20 people signed up for the class she said that there were only about nine people who showed regularly.

"At the beginning of symphonic orchestra some of the people that said they would show up didn't. Most of the people who couldn't make it every morning had other clubs or groups they were in. Some of them also just slept in too late," said Williams.

According to Fudge, the symphonic orchestra was considered another class and they received a semester of fine arts credit for it.

The students met at seven in the morning for the class. Some students didn't mind getting up so early for the class.

"I was sort of used to it because I had to come the same time in the fall for marching band, so it wasn't that bad for me," said Cao.

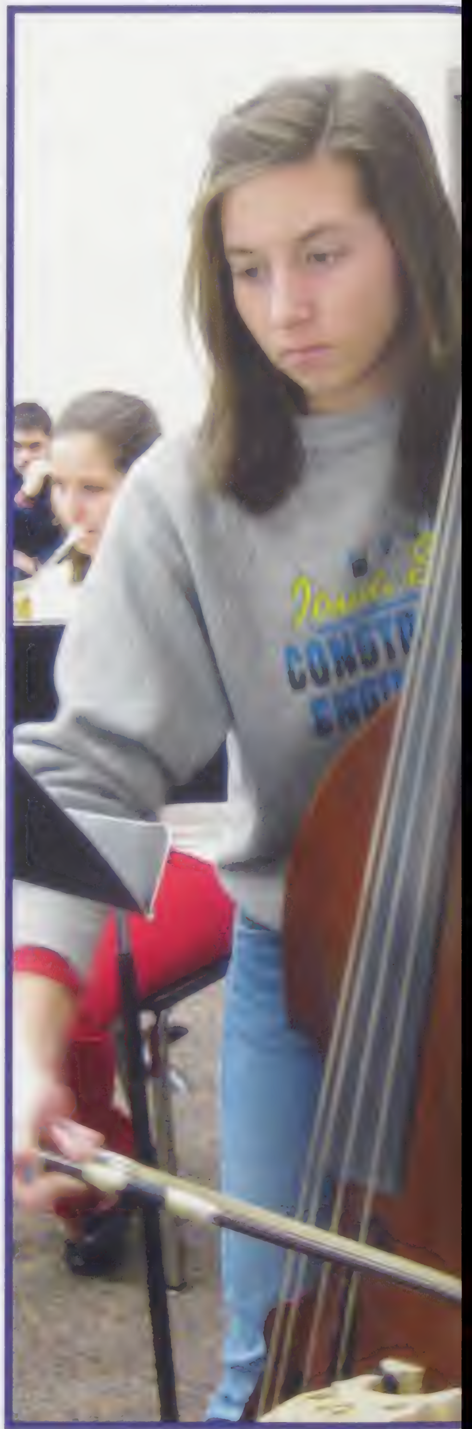
Some students in the class had hoped that it would not be so early in the morning.

"I didn't like that it was so early. I wish it was a regular class throughout the day. I did like being a part of it, though, so that made it not as bad," said Fudge.

According to Williams, the people who didn't join missed out on a great opportunity. decided to join because I wanted to improve my violin skills. I love band kids, too, so that was a plus," said Williams.Fudge said. "I heard it was really cool to listen to at the concerts."

Williams said her favorite event was playing music at Mercy Hospital for their anniversary.

"The doctors and nurses applauded us after every song and it was a nice day out," Williams said.



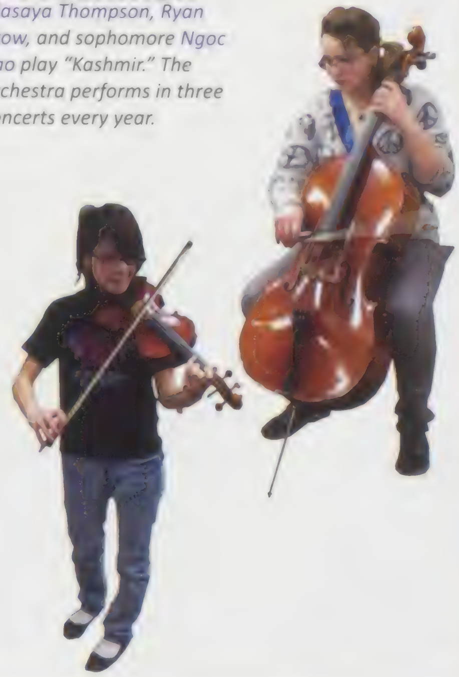
Sophomores *Ashley Baumgardener, Sarah Fitzpatrick, Rosalie Henson, and junior Jessica Wherle play "Emperor's Waltz." The orchestra plays only one concert by themselvies and the other two are with the band.*

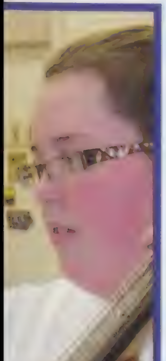
Sophomore

Anna Flickinger plays bass for the symphonic orchestra. The class is led by band instructor Ryan Rowley and orchestra instructor Jennifer Luft.

Freshmen

Masaya Thompson, Ryan Skow, and sophomore Ngoc Cao play "Kashmir." The orchestra performs in three concerts every year.





Instruments

Violin

Cello

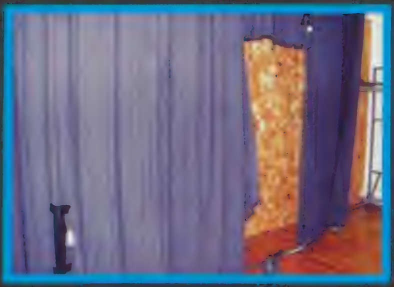
Bass

Orchestra

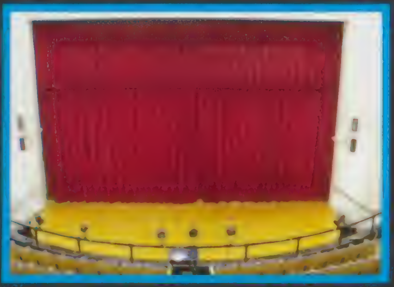
STORY/LAYOUT BY: Alina McDaniel

Freshmen [illegible] and [illegible] sing in the choir for their part of Scarlet Lounge.

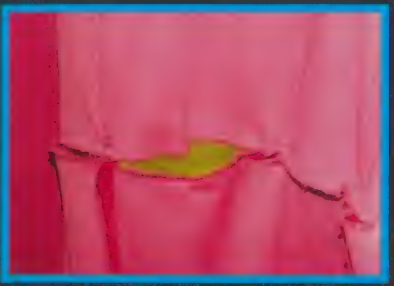
TAKE A LOOK



Back Curtain



Full View Of Stage



Front Curtain

Take a look at some of the repairs that need to be made in the autotorium. Replacing curtains is the most expensive, but most needed renovation.

Senior [illegible] plays keyboard in the jazz band. The band had two seperate pieces featuring many soloist.

AISER

scarlet lounge

Great music, outstanding food, and people jammed wall to wall are not what many people think of when they think "East High cafeteria." However, on October 27, East held a special event that included all of the above, plus more.

The event, "Scarlet Lounge," was a music recital and dinner held as a fundraiser for the renovation of East's auditorium.

"The curtains are in such bad shape," said band director [redacted]. "They are held together with duct tape and quite possibly the original curtains from the auditorium."

The music of the night included various choir performances, two jazz band pieces, handbells, and a combination of all groups with the marching band.

According to junior [redacted], who had a total of seven performances that night, everything was "well rehearsed and went really well."

"The jazz band did freakin' amazing! Our soloist did outstanding and all the sections knew their parts," said sophomore [redacted].

Dinner was catered by local restaurant, K C Barbecue. The meal consisted of pulled pork or chicken sandwich, coleslaw, baked beans, a drink and a desert. Admission at the door was $10, or $7 if bought in advance.

Overall, the night was a tremendous success. It helped raise a good amount of money which will be used for the curtains, and then next year's Scarlet Lounge profits will be used for other needs.

"It was very similar to getting ready for a concert. However, for the Band Boosters and Clef (choir boosters) it was so much work they had to plan," said choir director [redacted]. "It's the parents who deserve all of the credit."

SING. DANCE.
PLAY

STORY/LAYOUT BY: Megan Lein

pep-E members gather to sign in for Wednesday meetings.

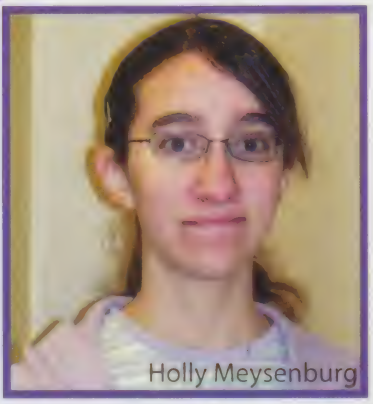
Jennifer Vong

President

“We start decorating for Winter Formal early, pretty much right after Homecoming Is over, said Vong.”

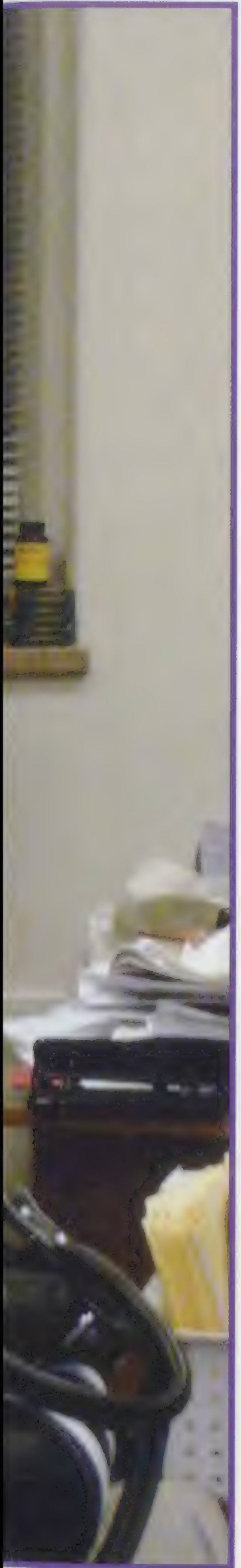
Vice President

“Decorating for Pep-E is a lot of work, but its fun, said Meysenburg.”

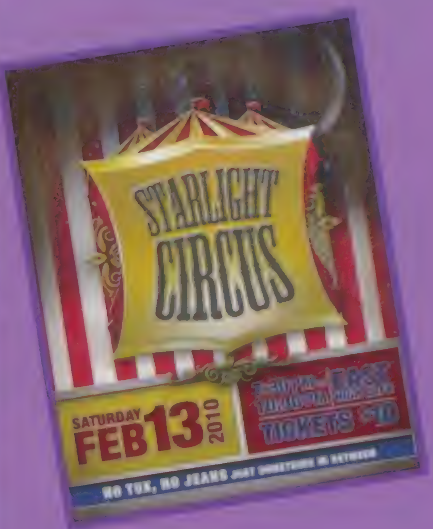


Holly Meysenburg

courtney custard purchases a Winter Formal ticket from Pep-E club. This year's tickets were $10.



show your spirit



Need some new Scarlet accessories? Make sure to check out the Pep-E club.

"I like selling the beads and the tattoos! People go crazy for them!" said senior Alejandra Martinez.

Pep E is a great way to get students involved. The group met on Wednesday mornings to discuss upcoming events where they could sell their merchandise.

"I joined Pep E because I thought it would be a cool way to meet new people; I love showing school spirit. Who doesn't?" said president Jennifer Vong.

Pep E has been in charge of running the Winter Formal dance for quite some time. They start out by choosing a theme along with the colors. They also make the decorations.

"I mostly enjoy planning for winter formal and selling spirit stuff during homecoming week. This year we sold spirit strips to raise money for Rourke's Alumni Scholarship," said Vong. This is in honor of vice principal [illegible] who died in the fall.

With this year's tighter budget, the group wasn't able to buy as much as they have been able to in the past. But according to the group, all the members still worked hard to make the year successful.

"Since we had a tighter budget this year we couldn't buy as much which sucked, but we worked with what we got," said Terria Cabrera.

members *of Pep-E discuss how they will go about hanging the decorations of the dance.*

STORY/LAYOUT BY: Madison Kasper

preparing for college

Science Bound has come a long way in the past two years by raising the bar of expectations and level of responsibility for its participants, and ultimately making things easier in the long run.

Science Bound is a federal grant offered by Iowa State to help represent minorities that may not consider the college path. It helps make the college opportunity more obtainable.

"It gives me a great scholarship by paying my full tuition fee. So basically all I have to pay for myself is room and board," said senior Carmen Carrasco.

All students that wish to be a part of the program must apply by writing a letter and going through an evaluation process. They must also maintain a GPA of 3.0.

"This is a great opportunity and it will help a lot with college," said senior Alma Marquez.

Students can start being selected for the program in 8th grade at middle schools such as Hoyt and Hiatt.

"It is great that so many kids can be in this program, it has the potential to help them so much with their futures and make things a little easier on them," said chemistry teacher, Maureen Griffin. Last year was Griffin's first year running science bound.

They meet once a week, participate in many activities, and go on 4 college visits to ISU together twice a semester.

"By visiting ISU, I got familiar with the campus. I will be attending there in January," said Carrasco.

One of the new activities added this year was the "Dart Adventure." It is where a bus takes the students and sponsors on trips to libraries, DMU, the science center and the zoo.

Alma Marquez *does a group project with other kids in Science Bound including members from North.*

STORY/LAYOUT BY: Kate Hurley

concert

Juniors Heather Prettyman, Tiffany Rattray, and sophomore Rosalie Henson perform on stage in the auditorium. Risers are much needed for next year to see each performer.

performance

The group performs at Merle Hay Mall. Orchestra and other choir groups performed as well.

practice

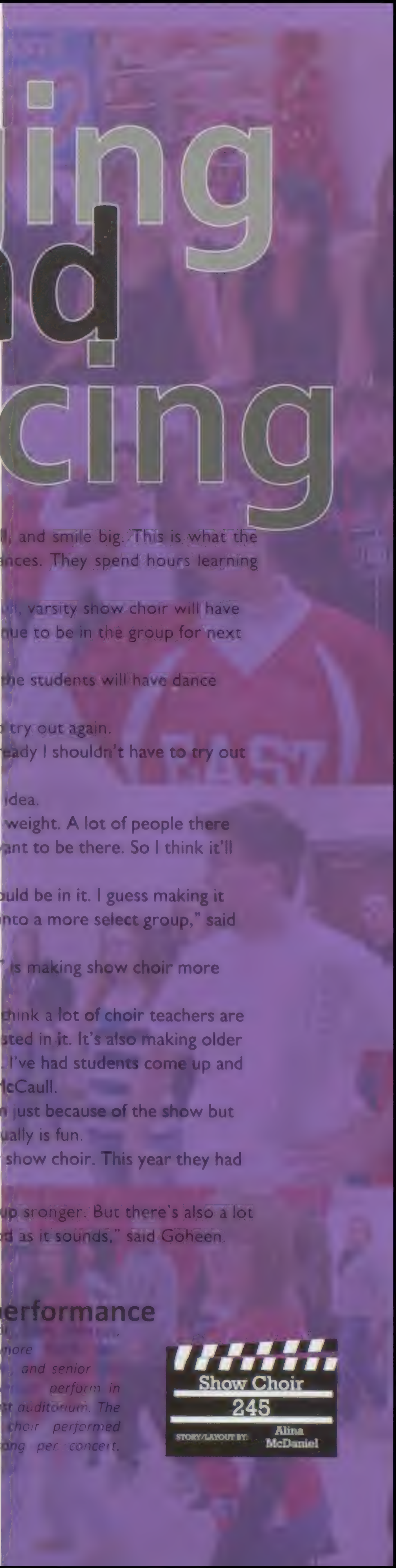
The members practice the dance in the classroom. The group is so big that it's hard to fit everyone this year.

PREPARING FOR A PERFORMANCE:

Girls need:	Guys need:
1. Barrette to pull hair back and out of face.	**1.** Black Shoes and socks.
2. Makeup: -black eyeliner and mascara -red lipstick -brown eyeshadow.	**2.** Black Pants.
	3. Black shirt and vest.
3. Showchoir dress.	**4.** Black Tie.
4. Tan shoes.	
5. Suntan tights.	

practice

Seniors Jake Reed and Desi Kerber practice "Mambo Italiano" in the classroom. Reed dipped Kerber for the end pose.



singing and dancing

Be sure to sing strong and loud, dance well, and smile big. This is what the East High show choir do during performances. They spend hours learning lyrics to songs and the dance moves.

According to choir director Traci McCaull, varsity show choir will have to try out again this year in order to continue to be in the group for next year.

"We will also have our choreographer coming in and the students will have dance tryouts," said McCaull.

Some varsity members don't like the idea of having to try out again.

"I think since I will be a senior and I have been in it already I shouldn't have to try out again," said junior Sadie Hines.

Senior Brian Goheen disagrees and thinks it is a good idea.

"I think it's a good thing because there's a lot of dead weight. A lot of people there are just trying to fill up their schedule and don't really want to be there. So I think it'll make the show choir better," said Goheen.

"I don't really mind it. I was just used to knowing I would be in it. I guess making it after trying out makes you feel better that you made it into a more select group," said junior Heather Prettyman.

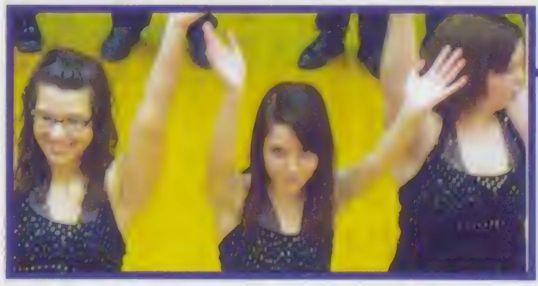
According to McCaull, the new FOX TV series "Glee" is making show choir more popular.

"Glee is a show about a high school show choir and I think a lot of choir teachers are hoping that the show will help more students get interested in it. It's also making older music more popular because they sing older songs on it. I've had students come up and ask me if we can do certain songs that are older," said McCaull.

According to Prettyman, she isn't sure people will join just because of the show but she thinks it will help people realize that show choir actually is fun.

McCaull said this is the biggest group East has had for show choir. This year they had 41 students on varsity.

"There's more guys which makes that part of the group sronger. But there's also a lot of extra people that don't do anything so it's not as good as it sounds," said Goheen.



performance

Juni[illegible], sophomore [illegible] patrick[illegible], and senior [illegible]sica N[illegible] perform in the East auditorium. The show choir performed one song per concert.

STORY/LAYOUT BY: Alina McDaniel

little steppers

The Little Steppers perform with the girls between game times. "Little kids say the darndest things," said junior Brooke Young.

the soloist

Junior KK Kennedy takes the audience back to the 40s with her solo. Kennedy placed ninth in the competition.

rock stars

The Steppers take their starting positions for the team novelty dance. The girls placed third in the novelty dance caption.

State Solo Competition

Summer Dance Camp

Freshman Darian Delaney

best step forward

dancing solo

Four Steppers dancers bravely competed in ISDTA's high school dance and drill solo competition.

Junior Kelsey Kennedy (KK) gathers her teammates together and attempts to motivate the girls one last time.

"Dance your hardest and do your best," says Kennedy.

Then the team puts their hands into the middle of the circle and the girls finish the encouragement with a loud cheer and a pat on the hip.

This has become a tradition for the Steppers; it's their routine for getting fired up before every performance.

"KK's speech really helps," said sophomore Alexes Cummings. "We go from sort of being unprepared for our performance to this goofy speech, and then we're ready."

Motivational speeches and respect from their peers encourage the dancers to dance their hearts out.

"For the past few years, the team hasn't been getting much respect at school," said junior Brooke Young. "That motivates me to gain the respect and to keep it."

The Steppers have danced their way to improvement, receiving a Division I and placing third at Iowa State Drill Team Association's (ISDTA) Dance and Drill Competition in December.

"After State, I noticed the girls were more excited to be at practice and had different outlooks on what they were doing," said Kennedy.

Before the State performance, anticipation was running high.

"I was confident that we were going to do well," said Young, "but I was very anxious of what the outcome was going to be."

Confidence was no problem for the four girls who competed at ISDTA's Solo Competition in November. Of these four girls, three received Division I ratings and Kennedy placed 9th.

"Dancing is a way for me to interact with my soul," said Kennedy.

The Steppers have progressed into a dynamic team. Their bond grows stronger daily because of the love they share for dance.

Silly Day at Dance Camp

STORY/LAYOUT BY: Madi Williams

For the cause

Imagine having the pressures of making important decisions not for yourself, but for the entire student body.

That's what Student Government and Senior Board think about every time they make a crucial decision during their meetings. They have to think about what the majority of the students want but also keep in mind what can be afforded.

"We did the best we could with the materials and the budget we had for decorations," said senior Heather Blacksmith.

Student Government narrowed down a list of homecoming themes until only New York was standing. With cardboard cut-outs of buildings and taxi cabs it looked like an evening in the big city.

"We got out of class to decorate both gyms and we ended up having to stay after school until 6:30," said senior Lorrie Kingen.

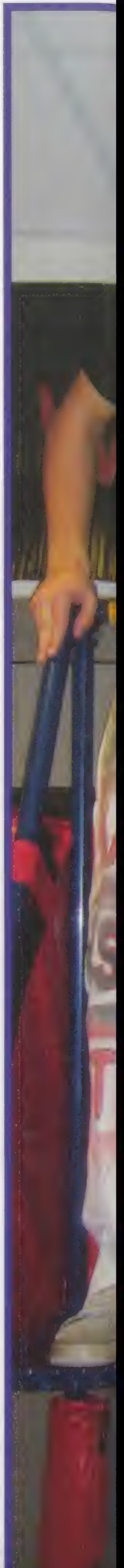
This year senior board has been making a lot decisions regarding graduation in a short amount time.

"We're making sure the decisions get made on time but at the cost of leaving out some peoples' opinions," said senior Rene Reynolds.

This year started off rough when the board found out they did not get to choose the color of their graduation robes. The decision had needed to be made before the students could meet, therefore, it wasn't put up for discussion; boys and girls will both wear black.

"I was a little pissed off about everyone wearing black since all the other classes got to choose, but they told us there was no way to change it," said Class President Tyler Seher. In the end, the class decided to try their best with the decisions they were left with.

Student Government poses for a quick picture. They have weekly meetings every Tuesday.



Evan Holleran climbs a latter to hang a banner in the entrance to the dance. Immediately after the assembly students started hanging decorations.

Seniors Heather Blacksmith, Taylor Carlisle, and Teighlor Gutierres discuss the things they want to see at Senior Breakfast.

Kenny Nichols balances his fellow classmate on his shoulders to hang a string of lights from the ceiling.

STORY/LAYOUT BY: Kate Hurley

thanksgiving day parade

It's not every day that you see yourself on TV, much less national television on Thanksgiving Day.

This past Thanksgiving holiday the Marching Scarlets traveled to Chicago to perform along with 22 other bands in the 76 annual McDonald's Thanksgiving Day Parade.

"The trip was a chance for East High to get out and do something we aren't used to," said junior **Kenny Cortum**. "I had so much fun being around my friends all day."

Along with marching in the parade, the band had time to seek out some tourist locations. Millennium Park and the Chicago Sky Deck were only a few of the places they went to see. Also, the band enjoyed an off-Broadway performance of Young Frankenstein, feasted on a Thanksgiving dinner, and spent an evening dancing the night away at the semiformal dinner and dance hosted for all the bands.

"My favorite part of the trip was seeing how well they (the students) succeeded and how they formed more closely as a band," said band director **Ryan Rowley**. "I am very proud of all of my students!"

The parade consisted of only 7 blocks, but according to sophomore **Jake Wagner**, it was "7 Chicago blocks and it was one of the most difficult parades."

Cortum said, "The parade was definitely long and tiresome, but well worth it."

The walk was long and difficult; unfortunately that wasn't the band's only obstacle. They woke up several hours before the break of dawn to leave, spent 6 hours each way on a bus without one seat to spare, had to be dressed and at breakfast by 6a.m., and wore rain ponchos while in the parade line-up. Fortunately for the Scarlets, the clouds cleared up before their step off. According to sophomore **Samantha Halston**, the trip was "a once-in-a-lifetime experience."

Sophomore **Michael Olgren** said, "Chicago was an amazing experience. I think we all had a lot of fun doing what we love to do!"

According to Junior Taylor Pettit, some of their troubles were "kind of fun in a weird way."

When we got to the hotel there was an extremely long wait for the elevators. Megan Lein (junior) had what seemed like a brilliant idea at the time to walk up the stairs, but by the fourth floor we were exhausted and cursing her," said Pettit. "Sweating like pigs in a blanket and with so a bunch of luggage we trudged our way up to our room – which was on the 15th floor!"

[illegible] and **Kristi [illegible]** lead the drum line with snares. The parade was viewed on national television on November 27.

East students pose for a pic at Millennium Park.

marching SCARLETS

BUS RIDE

HOW DO YOU PASS YOUR TIME?

Freshman **Kassidy DeBont:** "I look out the window, play 20Q, and watch movies!"

Senior **Jessica Schnoebelen:** "Eat, sleep, and talk to good friends."

Sophomore **DeMarkus Horton:** "My ipod keeps me going!"

The band hits the city for sight seeing. **Above left:** Beautiful view of the river just a block from the hotel. **Above right:** Students look out onto Chicago's bright evening lights.

Many students fight their fears and step out over Chicago's streets - over 80 floors below.

STORY/LAYOUT BY: Megan Lenz

SCARLET groups

COLORGUARD Front Row: Madison Williams, Kylie Grantham. Row 2: Kristel Hill, Ngoc Cao, Sadie Hines. Back Row: Jackie Fudge, Sammy Jones, Alexis Ahmed, Shelby Wilson.

STEPPERS Front Row: Brooke Young, Taylor Higgins, KK Kennedy. Row 2: Alyssa Denning, Alexes Cummings, Darian Delaney, Jazmyne Reich. Back Row: Stephanie Nowels, Kara Mauk, Melissa Morton, Tricia Johnson.

[illegible] Front Row: Terry Cabrera, Kensie Channon. Back Row: Jennifer Vong, Holly Meysenberg, Riley Fisher, Alejandra Martinez.

STUDENT GOVERNMENT Front Row: Heather Blacksmith, Lorrie Kingen, Shelby Carr, Jocelyn Brown, Jade Kreutz. Row 2: Desiree Kerber, Nadia Tyler, Samantha Johnson, Paige Gee, Katie Heggen. Row 3: Uyen Nguyen, Susan Nguyen, Janet Reaza, Sadie Hines, Kensie Channon, Caitlyn Carmichael, Manuel Delgado. Back Row: Advisor Samy El-Baroudi, Evan Holleran, Jacob Keeney, Tim Williams, Chante Buckner, Austin Ahl-Jones, Kenny Nichols.

[illegible] Front Row: Alina McDaniel, Nadia Tyler, Samantha Jones. Back Row: Kaitlyn Carpenter, Megan Lein, Ambreyana Jones, Madison Williams, Madison Kasper. Not Pictured: Yesenia Alvarez, Layla Schwartztrauber.

[illegible] Tyler Seher, Rene Reynolds, Liz Bolten, Ariel Major, Kelsey (KK) Kennedy, Taylor Bimbi, Brooke Young, Jessica Wehrle.

SCARLET groups

SCARLET groups

[illegible] Front Row: Amanda Jackson, Timmesha Thompson, Deontazsha Gunn, Cheyenne Jumper, Maurisha Walter, Karisha Doff, Montique Bumpus, Amiya Ellison. Row 2: Mital Clayborne, Asia Randolph, Khennedy Terrel, Breona Carroll, Shronda Butts, Shamarea Hughes, Alex Smith, Tellah Amos, Breana Scroggins, Carolett Leyva, Keisha Harvey. Back Row: Juanita Jones, Jocelyn Brown, Chante Buckner, Cicilia Atary, Nyachudier Deng, Jama Clayton, Elexis Tolson, Breann Elyin. Not Pictured: Unique Grover.

IMF Front Row: Lauren Williams, Jerzie Murray, Betsy Rife, Karen Perez, Ceeria Bekish, Anny Naovarath. Row 2: Marquaisha Haygood, Soriya Loeurng, Matt Say, Ms Myers, DeAngelo McGregor, Karina Canizales, Michelle Bernardino. Back Row: Luis Funez, Danielle Peterson, Emmanuel Egbadon, Zach McNeeley, Troy Perez, Dennis Flanders, Stephen Storm, Jahmel Gant. Not Pictured: Doyle Buckner, Estefan Cardenas, Brittney Casey, Ashley Cruikshank, Cherae Evans, Jahmal Gant, Alex Glenn, Unique Grover, Dallion Hites, Brittany Knuths, Madelin Marquez, Josue Murillo, Emmanuel Ortega, Marcelo Ramirez, Madison Ruge, Felipe Sauceda, Jeremiah Schoen, Tara Turner.

[illegible] Breona Carroll, Misty Black, Aimee Davis, Brenda Baccam. Not pictured: Vania Boland, Peyton Rowe, Jasmine Rodriguez, Royanah Marble, Jerrica Newberry, Yvette Ortega.

SPANISH CLUB Front Row: Sammy Jones. Row 2: Berona Carroll, Jackie Fudge, Sadie Hines, Austin Al-Jones, Anel Meiendrez, Vanessa Contreras, Sponsor Linnea Morris.

JAPANESE CULTURE CLUB Front Row: Carolyn Phongphachone, Jenssie Lane, Brittany VanDyke, Sara Hernandez, Heather Stilson, Julia Sigmund. Row 2: Darlene Keantavong, Pinda Thepkome, Amanda Watkine, Robbie Vandyke, Arina Batista, Taylor Pettit, Megan Bailey, Ashley Nash, Mercedes Reynolds. Back Row: Jeanda Sakakhanone, Emily Brown, Miranda Cantrell, Raymond Harless, Juan Iruegas, Michael Olgren, Samantha Halsten, Thomas Allen. Not Pictured: Shiloh Corral, Markie White, Vincente Salamanca.

LIBRARY AIDES Front Row: Alyssa Soulinthavong, Keayla Hughes. Back Row: Amanda Watkins, Hannah Aschan, Angel Munoz, Omar Barberena.

SOCIAL HAZARD

HOME REMODELING Front Row: Donald Carolos, Buddy Belieh, Ermesto Martinez, Jacob Keeney, Payton Pringle, Errik Rasmussen, Zackary Templeton, Troy Chandler, Matt Crane. Back Row: Jeffery Searcy, Travis Bales, David McCartney, Nick Olson, Dillon Barber, Dustin Dillinger, Bryan Phillips, Clayton Young, Jonathan Chase, Taylor Sanders, Steven Peterson. Not Pictured: Daniel Leanos.

EXCHANGE STUDENTS

Till M. Seutter (Germany) & Anastasiya Melnik (Russia)

SCARLET groups

[illegible] Front Row: Julia Cancino, Tony Henry, Doyle Buckner, Gillian Randall, Heather Prettyman, Kensie Channon, Madi Williams, Janet Reaza, Jennifer Vong. Row 2: Coach Ginger Johnson, Shannissy Catron, Megan Lein, Stephanie Nowels, Ashley Prettyman, Caligh Mormann, Alina McDaniel, Holly Hardenbrook, Sadie Hines, Kristel Hill, Brooke Wilson, Sadie Woods. Row 3: Alexis Ahmed, Lindsey Smith, Matt Mendenhall, David Blacksmith, Cindy Perez, Nathan Burnett, Miya Williams, Sarah Fitzpatrick, Lauren Morgan, Clara Henson, Rosalie Henson. Back Row: Zane Rustan, Markus Horton, Rosie Cam, Jasmin Munoz, Kaleigh Nichols, Lily VanGundy, Tim Williams, Efrin Terrazas, Dani Piatt, Tenea Fabray, Jessica Schnoebelen, Breona Carrol, Ngoc Cao, Jackie Fudge, Tiffany Rattray, Mandy Stougard, Scott Folsom, Michelle Lovett. Not Pictured: Sammy Jones, Desiee Kerber, Taylor Pettit, Jacob Wagner.

MIME Front Row: Megan Faulkner, Ashlyn Robinson, Tyrae Kemp. Row 2: Brittanie Helburg, Dannii Coren, Trevor Nail, Mario Ortega-Torres, Megan Say, Shronda Butts. Back Row: Cristian Rodriguez, Peter Mattes, Terrell Morgan, Jeffrey Blakeburn, Errik Rasmussen, Royan Johnson. Not Pictured: Rodolfo Correa, Amanda Jackson, Brittany Knuths, Gabriella Niswander, Jazlyn Richardson, Veronica Shoafstall, Brittany VanDyke.

VOICES OF CHANGE Front Row: Jacob Kellow, Danny Shannon Jr. Row 2: Danyal Nokes, Latisha Besaw, Patty Kelsey, Danyelle Ruby, Krysta Cook. Row 3: Michael Schuler, Mariel Bradford, Rebecca Davidson, Stevon Coleman, Amber Baker, Kaylia Balliet, Carolett Leyva. Back Row: Eric Michael, Robert Buell, Ciera Cone, Deonta Harris. Not Pictured: Timothy Anderson, Raymond Benitez, Dillon Burns, Shamarea Hughes, Domingo Jimenez, Phillip Stewart.

MARCHING BAND Front Row: Drum Major Nick Hamilton, Matt Mendenhall, Chris Tutje, Megan Rowat, Brennan Lawrence, Jordan Cirksena, Jay Rowat, Samantha Halsten, Megan Lein, Hollie Russett, Sadie Woods, Katy Casey, Sydney Fields, Jessica Schnoebelen, Mackenzie Drew, Wendy Uribe, Jayde Sleeth, Drum Major Cody Mitchell. Row 2: Drum Major Meri Stoutenburg, Devin Oconnor, Shelby Jackson, Juan Iruegas, Tenea Fabray, Kase Heuermann, Michael Olgren, Michael Kendall, Grant Jones, Austin Thompson, Kassidy DeBont, Tyler Helfert, True Wheeldon, Jacob Wagner, Thomas Allen, Erienne Davis, Kenny Cortum, Demarkus Horton, Caitlind Brumbaugh, Claire Diver, Director Ryan Rowley. Back Row: Jackie Fudge, Ngoc Cao, Alexis Ahmed, Aubrey Stith, Madison Williams, Kylie Grantham, Sadie Hines, Destiny Eddie, Kristel Hill, Shelby Wilson. Not Pictured: Jacob Bellman, Ricardo Ceballos, Miles Hackett, Nancy Lovan, Zachary Mata, Victor Mayes, Ashley Nash, DJ Palmer, Arthur Randolph, Patience Richardson, Kristina Rounds, Savannah Ruggles, Nick Sayavong, Julia Sigmund, Bryce Thomas, Taylor Pettit.

JAZZ BAND Front Row: Jacob Wagner, Hollie Russett, Shelby Jackson, Demarkus Horton, Miles Hackett, Nick Hamilton. Row 2: Megan Rowat, Anna Flickinger, Matt Mendenhall, Taylor Pettit, Devin O'Connor, Juan Iruegas. Row 3: Seth Hinshaw. Back Row: Kase Heuermann, DJ Palmer, Cody Mitchell, Samantha Halsten, Jay Rowat, Austin Thompson, Director Ryan Rowley.

CONCERT BAND Front Row: Caitlind Brumbaugh, Claire Diver, Meri Stoutenburg, Wendy Uribe, Jayde Sleeth, Mackenzie Drew, Shelby Wilson, Jacob Wagner, Kenny Cortum, Demarkus Horton, Katy Casey, Sydney Fields, Erienne Davis, Nancy Lovan. Row 2: Kassidy DeBont, Megan Lein, Cody Mitchell, Jay Rowat, Tyler Helfert, Ricardo Ceballos, True Wheeldon, Hollie Russett, Nick Hamilton, Miles Hackett, Bryce Thomas, Julia Sigmund, Sadie Woods, Thomas Allen. Row 3: Austin Thompson, Samantha Halsten, Michael Olgren, Michael Kendall, Grant Jones, Arthur Randolph, Ashley Nash, Taylor Pettit, Matt Mendenhall, Jensen Hastings, Shelby Jackson, Devin Oconnor, Juan Iruegas. Back Row: Nick Sayavong, Jordan Cirksena, Brennan Lawrence, DJ Palmer, Patience Richardson, Megan Rowat, Kristina Rounds, Tenea Fabray, Zach Mata, Chris Tutje, Kase Heuermann. Not Pictured: Thomas Allen, Jacob Bellman, Travail Carothers, Victor Mayes, Savannah Ruggles, Jessica Schnoebelen, Nicholas Woodard, Sadie Woods.

WIND SYMPHONY Front Row: Cody Mitchell, Erienne Davis, Taylor Pettit, Samantha Halsten, Jacob Wagner, Austin Thompson, Megan Lein, Brennan Lawrence, Megan Rowat, Jay Rowat. Back Row: Kenny Cortum, Matt Mendenhall, Thomas Allen, Juan Iruegas, Meri Stoutenburg, Claire Diver, Hollie Russett, Tenea Fabray, Chris Tutje, Kassidy Debont.

ORCHESTRA Front Row: Sarah Fitzpatrick, Alma Chavez, Devan Stuve, Ryan Beggs, Madison Williams, Katherine Burns, Kayla Woodhall, Sandra Hadley. Row 2: Rosalie Hensen, Houa Vang, Jackie Fudge, Lan Nguyen, Rene Reynolds, Karen Perez, Jessica Wehrle. Row 3: Dir. Jennifer Luft, Masaya Thompson, Lydia Dyer, Ngoc Cao, Devin Butler, Ryan Skow, Joshua Rounds, Ashley Baumgardner. Back Row: Jason Deaton, Tiffany Rattray, Rachel Anderson, Benjamin McClure, Nathan Worthington, An Nguyen, Jordan Sams, Stacie Post. Not Pictured: Caitlyn Carmichael, Carolina Chavez, Jasmine Jaros, Colton Knutzen, Holly Meysenburg, Nancy Nguyen, Stephanie Pathamnavong, Shannon Riggan, Seirra Smith, Sarah Son, Summer Weinman, Kelsey Whitfield, Miya Williams.

SCARLET groups

SCARLET SINGERS Front Row: Kristin Alexander, Rosie Cam, Afton Abel, Karmen Buchanan. Row 2: Sammy Jones, Nick Williams, Alex Smith, Tyler Avant, Shelby Carr, Jacob Reed, Jessica Schnoebelen, Brian Goheen, Wade Williams, Kelsey Whitfield, Tyler Thompson, Jennifer Vong, Brandon Lautenschlager, Tricia Johnson, Josh Rounds, Aubrey Smith, Gillian Randall. Back Row: Abby Sigmund, Caleigh Mormann, Stephanie Nowels, Heather Prettyman, Justin Nichols, Rosalie Henson, Tim Williams, Jayanna Smith, Jonathan Bales, Michael Fitzpatrick, Ngoc Nguyen, Matt Rinner, Sarah Fitzpatrick, Jack Wagner, Sadie Hines, Tiffany Rattray, Lauren Morgan. Not Pictured: Desi Kerber, Devon Roberts.

[illegible] Front Row: Meredith Layman, Elizabeth Ouverson, Yasmin Bibian, Taylor Dunn, Chelsey Kimmel-Kendrick, Hailey Rusk, McKenzie Hale. Back Row: Clara Henson, Benjamin Boeckholt, Ben McClure, DJ Brommel, Jodi Hatcher.

CHAMBER CHOIR Front Row: Lauren Morgan, Jessica Schnoebelen, Kelsey Whitfield, Sarah Fitzpatrick, Caleigh Mormann, Stephanie Nowels. Back Row: Shelby Jackson, Michael Fitzpatrick, Matt Rinner, Brian Goheen, Tim Williams, Meri Stoutenber, Tiffany Rattray. Not Pictured: Desi Kerber, Jayanna Smith.

PREP CHOIR Front Row: Heather Reimers, Jessie Lane, Kayla Shoafstall, Andrea Hiatt, Harlie Hopkins, Kara VanDeo, Justine Buttrey. Row 2: Moneisha Newton-Weber, Krystal Burgett, Odyessey Freeborn, Brittney Auch, April Brown, Angie Hidalgo, Sharae Parker, Ashley Kimbley. Back Row: Nichole Kern, Jasmine Palmer, Kaitlin Stalkup, Matt Lawler, Ryan Skow, Dale Gibbens, James Hanson. Not Pictured: Jacqueline Alarcon, Mackenzie Drew, Gabrella Garcia, Kelsey Beal, Veronica Gbayee, Larissa Harris, Mariana Hernandez, Tara Johnson, Taylor Slifka, Tamika Soulinthavong, Ciera Tate, Stephani Tran, Janeva Trejo.

CONCERT CHOIR Front Row: Bethany Faux, Shelby Sly, Taylor Anderson, Ashley Overton, Kaliegh Nichols, Alyssa Brandt, Megan Whitfield, Amanda Tucker. Row 2: Jasmin Munoz, Amanda Steines, Kristel Hill, Megan Bailey, Jessica Schnoebelen, Kayla Woodhall, Lauren Garrelts, Paige Groves, Jordan Morrow, Mackenzie Fischer. Back Row: Caitlynn Bruscher, Brooke Wilson, Tenea Fabray, Amanda Stougard, Shelby Jackson, Jasmine Blanchard, Nicole Hoskins, Amber Landon, Whitney Culp, Jennifer Whitney. Not Pictured: Barbara Davis, Kristina Knuths, Mercedes Reynolds, Kpannah Snyder.

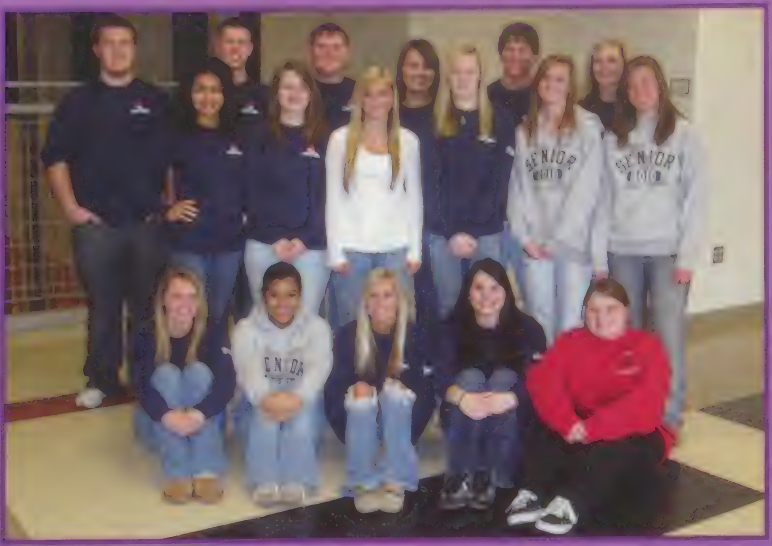
ADVANCED HANDBELLS Front Row: Caleigh Mormann, Kelsey Whitfield, Rosalie Henson, Sammy Jones. Back Row: Shelby Jackson, Chris Tutje, Brian Goheen, DJ Palmer, Jacob Wagner, Tiffany Rattray.

HANDBELLS Front Row: Crystal Jasper, Sarah Fitzpatrick, Rosalie Henson, Mariel Bradford, Caitlind Brumbaugh, Kayla Woodhall. Back Row: Shelby Jackson, Chris Tutje, Tyler Helfert, Michael Fitzpatrick, Tiffany Rattray. Not Pictured: Josh Rounds, Amanda Stoutgard.

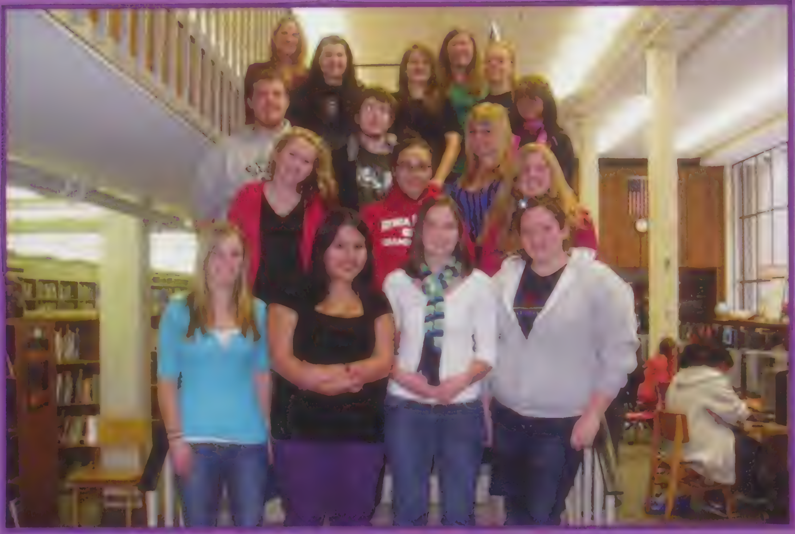
FCCLA Front Row: Eva Fabray, Diana Rivas, Shyana Thompson, Jennifer Alarcon. Row 2: Stephanie Santos, Alisha Keointavong, Tyreisha Hayes, Aaron Hosman. Row 3: Angie Perez, Brianna Proctor, Stpehani Tran. Back Row: Jessica Ramos, Amanda Hatfield, Elissa Haugh. Not Pictured: Yesenia Garcia, David Bai, Allyson Contreras, Sonya Glass, Jazmine Heard, Ravary Phaviset, Jazlinn Tapp.

SCARLET groups

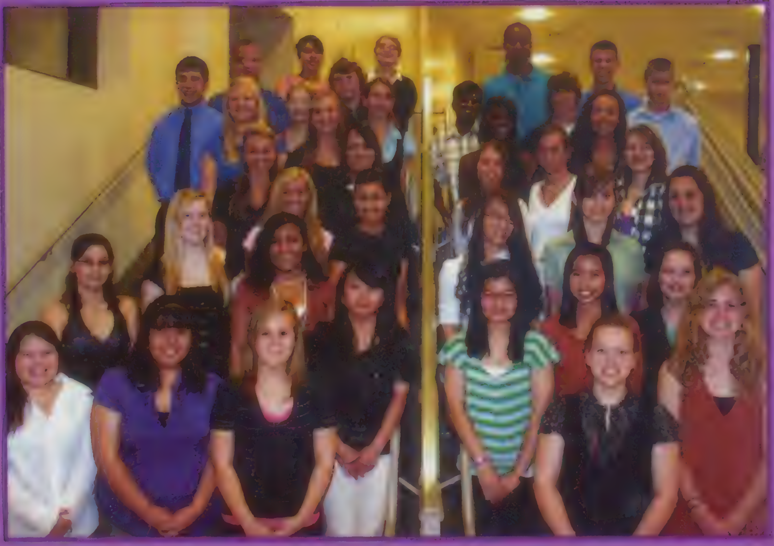
SCARLET groups



[illegible] Front Row: Paige Gee, Desi Kerber, Madison Kasper, Katie Heggen, Kelsey Whitfield. Row 2: Alma Marquez, Nadia Tyler, Chelsy Mongar, Kate Hurley, Kayla Wisnousky, Caitlyn Carmichael. Back Row: Kenny Nichols, Westley Heuermann, Nicholas Hamilton, Teighlor Gutierres. Not Pictured: Jennifer Vong.



[illegible] Front Row: Ashley Prettyman, Yesenia Alvarez, Megan Lein, Brooke Young. Row 2: Courtney Custard, Kelsey Kennedy, Alina McDaniel, Row 3: Kenneth Nichols, Aaron Sanderman, Heather Prettyman, Alexis Ahmed. Back Row: Sponsor Michelle McPherson, Katie Heggen, Nadia Tyler, Sponsor Ashley Schryver, Madison Williams. Not Pictured: Taylor Bimbi, Riley Fisher, Sammy Jones, Choua Thao, Kaci Young.



NATIONAL HONOR SOCIETY Front Row: Kelsey Whitfield, Mireya Alvarez, Katie Bruno, Madison Williams, Alina McDaniel. Row 2: Devan Stuve, Kate Hurley, Desiree Kerber, Nancy Nguyen, Susan Nguyen, Jennifer Vong, Megan Lein. Row 3: Chelsy Mongar, Alma Marquez, Kaitlyn Carpenter, Shannissy Catron, Peyton Rowe. Row 4: Paige Gee, Teighlor Gutierres, Shelby Carr, Caitlyn Carmicheal, Nadia Tyler. Row 5: Kirk Jenson, Meri Stoutenburg, Rachel Anderson, Lorrie Kingen, Holly Meysenburg, Premnarayan Gobin, Royonah Marble, Evan Holleran, Chelcie Scott. Back Row: Payton Pringle, Yesenia Alvarez, Kenneth Courtum, Dorothea E-Jordan, Learie Jones, Kase Heuermann, Nicholas Savage. Not Pictured: Sarah Son, Jamie Harris, James McCourt, Kathleen Heggen, Taylor Luft, Vania Boland, Zachary Flickinger.

SENIOR BOARD Front Row: Holly Meysenburg, Kayla Andrews, Carolina Chavez, Kierra Taylor, Katie Nutt, Alma Marquez, Wendy Huchim-Garcia, Marissa Kimmel-Kendrick, Uyen Nguyen, Madison Kasper. Row 2: Dorothea E-Jordan, Susan Nguyen, Elexandria Nouchanthavong, Taylor Carlisle, Heather Blacksmith, Desiree Kerber, Chelsy Mongar, Kathleen Heggen, Kate Hurley, Kayla Wisnousky, Lorrie Kingen, Ariel Major, Sharaya Jackson, Paige Gee. Row 3: Jennifer Diaz, Leslie Sotelo-Mata, Premnarayan Gobin, Jonathan Mom, Ryan Khounlo, Kenny Nichols, Miya Williams, Treasurer Nadia Tyler, Secretary Rosemarie Cam, President Tyler Seher, Vice President Evan Holleran, Nick Hamilton, Tom Young, Sean DeGoey, Vania Boland, Angelica Lawson, Amber Landon. Back Row: Mariela Maria-Mendoza, Fabiola plascencia, Soriya Loeurng, Karen Perez, Jennifer Vong, Alejandra Martinez, Ceeria Bekish, Enna Calbrera, Miranda Breheny, Gary Carlson, Bria Johnson, Shelby Carr, Rene Reynolds, Jerrica Newberry. Not Pictured: Cicilia Atary, Misty Black, Jocelyn Brown, Caitlyn Carmichael, Chelsea Deo, Teighler Gutierres, Dunlap Hall, Jamie Harris, W. Kase Heuermann, Jade Kreutz, Linfoung Ly, De'Angelo McGregor, Colton Mendenhall, Malaytong Naovarath, Sophie Rasavady, Caitlin Schuler, Alexandria Smith, Sarah Son, Kelsey Summy, David Sysombath, Esther Turay, Victoria Waters, Zach Wells, Kelsey Whitfield.

TOP 10% Front Row: Kaitlyn Carpenter, Claire Diver, Caitlyn Carmichael, Nadia Tyler, Susan Nguyen, Nancy Nguyen, Sanna Sayavong. Row 2: Meri Stoutenburg, Evan Timm, Ryan Khounlo, Linfoung Ly, Kathleen Heggen, Elexandria Nouchanthavong, Kate Hurley, Kayla Wisnousky. Back Row: Premnarayan Gobin, Westley Heuermann, Learie Jones, Evan Holleran, Lorrie Kingen, Jose Martinez, Molly Hinman, Holly Meysenburg. Not Pictured: Carmen Carrasco, Carolina Chavez, Zachary Flickinger, Melody Jaros, Tyler Slinger, Grant Voshell, Tyler Vry.

TOP 15% Gavin Althaus, Heather Blacksmith, Vania Boland, Karmen Buchanan, Shelby Carr, Sean DeGoey, Roman Gamble, Teighlor Gutierres, Dunlap Hall, Bria Johnson, Ambreyana Jones, Madison Kasper, Jade Kreutz, Jacob Ladurini, David Lo, Taylor Luft, David Macias, Alma Marquez, James McCourt, Cody Mickle, Taylor Millard, Chelsey Mongar, Jerrica Newberry, Lan Nguyen, Kamylle Patterson, Minh Phan, Carolyn Phongphachone, Fabiola Plascencia, Tori Reasoner, Alex Reynolds, Kelsey Robinson, Caitlin Schuler, Layla Schwartztrauber, Benjamin Sigmund, Sarah Son, Devan Stuve, Esther Turay, Jennifer Vong, Chelsea Young.

SCARLET groups

ACADEMIC DECATHLON: Front Row: Ngoc Cao, Thomas Teav, Krystal Hill. Row 2: Miya Williams, Yoalie Trejo, Carolina Chavez. Back Row: Kenny Cortum, David Smith.

SCIENCE BOUND: Front Row: Jessica Ramos, Eleanor Kemdirim, Berthalisia Velazquez, Angie Perez, David Ortiz, Miguel Guerrero. Row 2: Carmen Carrasco, Alma Marquez, Albrea Winfrey, Maria Ceballos, Yvett Ortega, Prisma Ruacho, Brenda Cambray. Row 3: Sponsor Maureen Griffen, Kierra Osborn, Armando Hernandez-Urzua, Chelcie Scott, Eva Fabray, Rocio Rodriguez, Mayra Verduzco, Montserrat Trejo, Adrian Torres, Sponsor Anson Bonte. Back Row: Sponsor Adam Puderbaugh, Junior Kemdirim, Ricardo Lewis, Sponsor Crosby Lester, Artichala Wise, Sponsor Kate Larson, Edison Moody, David Macias, Veida Olvera. Not Pictured: Justine Battrey, Beatriz Contreras, Shantall Cortez, Lisa Heckathorn, Lily Hernandez, Demarkus Horton, Daniel Martinez, Alma Salas, Lucero Velazquez.

UPWARDBOUND

CENTRAL CAMPUS: Thomas Allen, Ashley Baumgardner, Eric Beattie, Raymond Benitez, Taylor Bimbi, Mariel Bradford, Shannissy Catron, McKenzie Cook, Ashley Cruikshank, Miles Hackett, Austin Hatfield, Alexander Hensley, Krystina Holmes, Trisha Howe, Andrew Inrachavongsa, Preston Inrachavongsa, Diana Inthanboune, Amanda Jackson, Ashley Jeffries, Edmir Joyas, Nathan Kouangvan, Brennan Lawrence, Kiet Le, Rudolfo Mendoza, Ngoc Nguyen, Daniellle Peterson, Taylor Pettit, Stacie Post, Payton Pringle, Stormy Rand, Tiffany Rattray, Crystal Ross, Jeff Searcy, Julia Sigmund, Lindsey Smith, Kevin Souvannasanh, Madison Tedrow, David Thacker, Chou Thao, E'Lexis Tolson, Kelsey Whitfield, Wade Williams, Sadie Woods, Sonny Yang, Stephanie Yang. [illegible]: Yesenia Alvarez, Mireya Alvarez, Tellah Amos, Hailey Boman, Sky Dale, Dunlap Hall, Ricardo San Elias, Rebecca Sandoval, Amanda Tucker. [illegible]: Adriana Bibian, Aimee Davis, Vanessa Henriquez, Ashley Young.

DEBATE. Front Row: Ashlyn Robinson, Rosalie Henson, Sara Fitzpatrick, Summer Ferguson, Michelle Lovett. Row 2: Aaron Sanderman, Benjamin Frazier, Miya Williams, Evelin Andrade, Trevor Higgins, Zane Rustan. Back Row: Dalton Colby, Rob Buell, Stephen Brown.

MOCK TRIAL Front Row: Uyen Nguyen, Tori Gama, Rosalie Henson, Sarah Fitzpatrick, Cephus Wright. Back Row: Jackie Fudge, Ben Frazier, Matt Phipps, Trevor Higgins, Miya Williams, Dalton Colby.

WE THE PEOPLE Front Row: Holly Meysenburg, Ambreyana Jones, Ryan Khounlo, Kathleen Heggen, Kelsey Whitfield, John Auch, Brian Goheen, Evan Timm. Back Row: Christian Rodriguez, Rosie Cam, Thomas Young, Vania Boland, Lorrie Kingen, Miya Williams, David Smith, Kaitlyn Carpenter.

SCARLET groups

raging SPIRIT

It's that time again

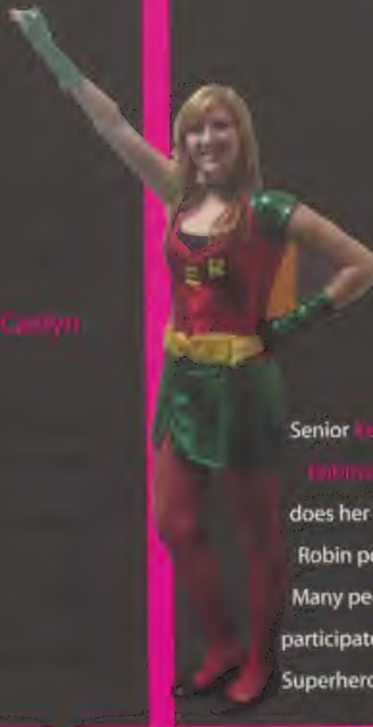
Angelica Lawson

Njeri Kennedy

Caitlyn

Carmichael

Molly Hinman



Senior Kelsey Robinson does her best Robin pose. Many people participated for Superhero Day.

Matt Lo entertains his costum my peo was one the best.

S mores Ashley Sim and Haley La gave a thumbs up.

s Brooke Young d Peyton Row e to dres wi days stude

Seniors Holly Hardenbrook, Adam Lisinga, Learie Jones, and Errol Sutton were the Fantastic Four for Superhero Day.

HOMECOMING '10

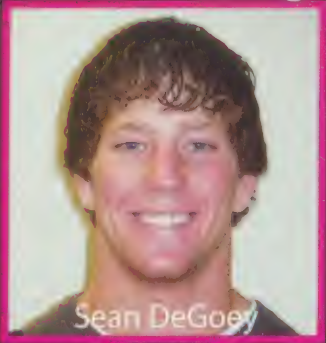
Theme: New York City
Colors: Metallic Blue/Metallic Silver
Song: New York, New York by Frank Sinatra
Monday: Superhero/Supervillian Day
Tuesday: Elderly Day
Wednesday: Wacky Wednesday
Thursday: Twin Day
Friday: Spirit Day

Sophomores [illegible], [illegible], and Chelsea Scott model for the camera. Elderly day was one of the most popular days this year.

STORY/LAYOUT BY Amberyana Jones

HOMECOMING COURT

King & Queen



Sean DeGoey

Kierra Taylor

11th

Michael Brown

Nijay Gaines

10th

Louie Ingoli

Arana Reid

9th

Xavier James

Jasmine Chak

Students take a break from dancing and look stylish in front of the "Hudson River."

Senior girls pose for a picture before eating dinner. This year instead of going out to eat they ate at [illegible]

central PARK

New York City

"NEW YORK, NEW YORK!" Students danced around to that theme with the colors of electric blue and silver during homecoming in October.

"We had several other ideas for a theme but we thought New York stood out over the others," said senior [illegible].

This years' homecoming, as others, was organized by the student government with the supervision of teacher [illegible]. The dance was held from 7:30-10:30 p.m.

"I think the dance was just the right amount of time. It was pretty hot in the gym, but it wasn't as bad as last year," said senior Katie Nutt.

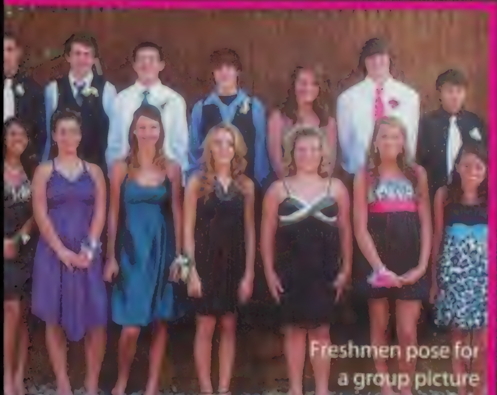
The community center doors were the entrance to the dance, where you could then stop in the soup kitchen "community gym" for drinks and snacks.

"I liked how the dance was set up. It was less crowded and easier to get around," said sophomore Kaitlin Carson.

The decorations of the dance varied from Broadway streets to the soup kitchen then to a subway and Central Park, which was the big gym where the actual dance was held.

"The decorations were pretty cool; I really liked the graffiti," said senior Katie Higgins.

This year in advisory students voted on who they wanted to be their class representatives. The freshman representatives were [illegible] Jones and Jasmine Clark. [illegible] and [illegible] were the sophomore representatives. Michael Brown and [illegible] were the junior representatives and this years' king and queen were Sean DeCamp and Kierra Taylor.



Freshmen pose for a group picture with their dates.

The Homecoming Court waits to hear who will be the 2010 King. This year [illegible] took home the crown.

STORY/LAYOUT BY: Madison Kerper

back for redemption

Homecoming week. There were all of the dress-up days, the Friday night football game, the actual dance, and…the infamous powderpuff game.

Each year, junior and senior girls form teams and face each other on the football field.

"I think it's a great tradition. It's a lot of fun too," said senior Chelsy Mongar.

Unlike the 2008 game, this year's game didn't have as much drama.

"It was way more fun this year. More people were involved and there was less drama," said Mongar.

"It was all about having fun and not about killing each other like this year," said senior Tori Reasoner.

While the seniors pounded out a win with a score of 27-17, the juniors thought they did really well.

"I loved how our class got together because we rarely do anything as a group anymore," said junior Vancy Bergan.

But some said the best part of the whole thing wasn't the game.

"The best part was the practices where we learned plays and just had fun as a group," said junior Ashley Prettyman.

Although the juniors had fun, the seniors were the champions.

"It felt AMAZING to finally win. We played hard and we did really well," said Mongar.

"It was great beating the juniors, since a lot of people thought we wouldn't," said Reasoner.

While the seniors kicked butt on the football field, the juniors know they can win next year.

"Hell yes! We're winning that sh*t next year!" said Bergan.

winning
BIG!!

IO BIO:

SENIORS 22

JUNIOR 14

a special thanks to th
um...cheerleaders

The seniors huddle up for a quick pow-wow before the game. The coaches made sure that everyone got the chance to play.

STORY/LAYOUT BY: Kaitlyn Carpenter

Nouchanthavong
and **Say** pose for a picture after they had been crownded king and queen.

[illegible] group
gets together to take pictures at **[illegible] Reasoner's** house before heading out to dinner. The group ate at Taki Steakhouse.

junior girls
and boys take a picture before heading to the dance.

four seniors
take a break from dancing and pose for a picture.

dance the night away

"Everybody let go, we can make a dance floor just like a circus."

This year's Winter Formal theme was Starlight Circus; the colors were red and white, followed by Britney Spear's song, "Circus." Members of Pep-E came up with the theme, made the decorations and hired a DJ.

"We decided that Britney Spears would be a good pick because it went perfect with the theme," said senior Jennifer Vong.

Winter Formal was held on Saturday, February 13 from 7:30-10:30 p.m. in the cafeteria.

"Me and my group of friends didn't stay at the dance very long because we had a party bus after, but while I was at the dance, I had a lot of fun," said senior [illegible] [illegible].

This year students voted in advisory on who they wanted to be this year's representatives for Winter Formal court. This year's winners were: Stephanie [illegible] and Shawn Jarrett (9), [illegible] [illegible] and Kyle Thomson (10), [illegible] [illegible] and Logan Davis (11), and this year's king and queen were Matt Say and [illegible] [illegible] (12).

"I was surprised I won; I was way excited. My night turned out well. Me and a bunch of friends went to I-Hop after the dance," said senior King Say.

starlight CIRCUS

STORY/LAYOUT BY: Madison Kasper

scarlet Tailgating

friday night lights

Scarlet Tailgating: the gathering of the student body in the parking lot outside Williams Stadium for grilling out and having fun before the game.

"I look forward to tailgating every year, especially when the weather's nice. We had so much fun," said senior **Tori Rosemury**.

Tailgating is a tradition at East High that students look forward to every football season.

"It's sweet when we scored a touchdown we would run the flag down the track," said senior **Anthony Bush**.

Necessities for successful tailgating include a couch, food and drinks, and **Paul Weinrocks'** grill.

"My dad brought the grill up almost every game and all we had to do was supply the food," said senior **Carly Weinrock**.

Another major activity that goes on in the parking lot is body painting. Students paint the top half of their bodies in the school colors.

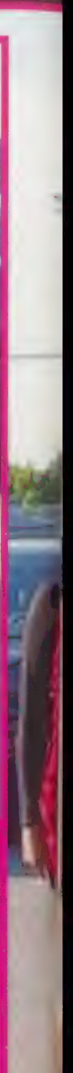
"Girls and boys, we all body painted right there in the parking lot before the game," said senior **Betsy Rife**.

Seniors and juniors also make special shirts for tailgating. They usually cost around $10 and are one of the best selling shirts of the year.

"The shirts are difficult to organize and keep track of money, but it's worth it the shirts looked good," said senior **Jamie Harris**.

B.A.S.
SENIOR TAILG

Seniors Betsy Rife and Thu Lee are preparing to body paint other students .



The senior boys get down in front of the student section to yell "Where ya from."

Seniors huddle up in the back of a pickup truck. Although many nights were cold, students never let that keep them at home.

Fans stand up in the stands as the football team takes the field.

Group poses for a picture with the school flag after deciding the order they would run the flag down the track in.

Lets get ready to RUMBLE

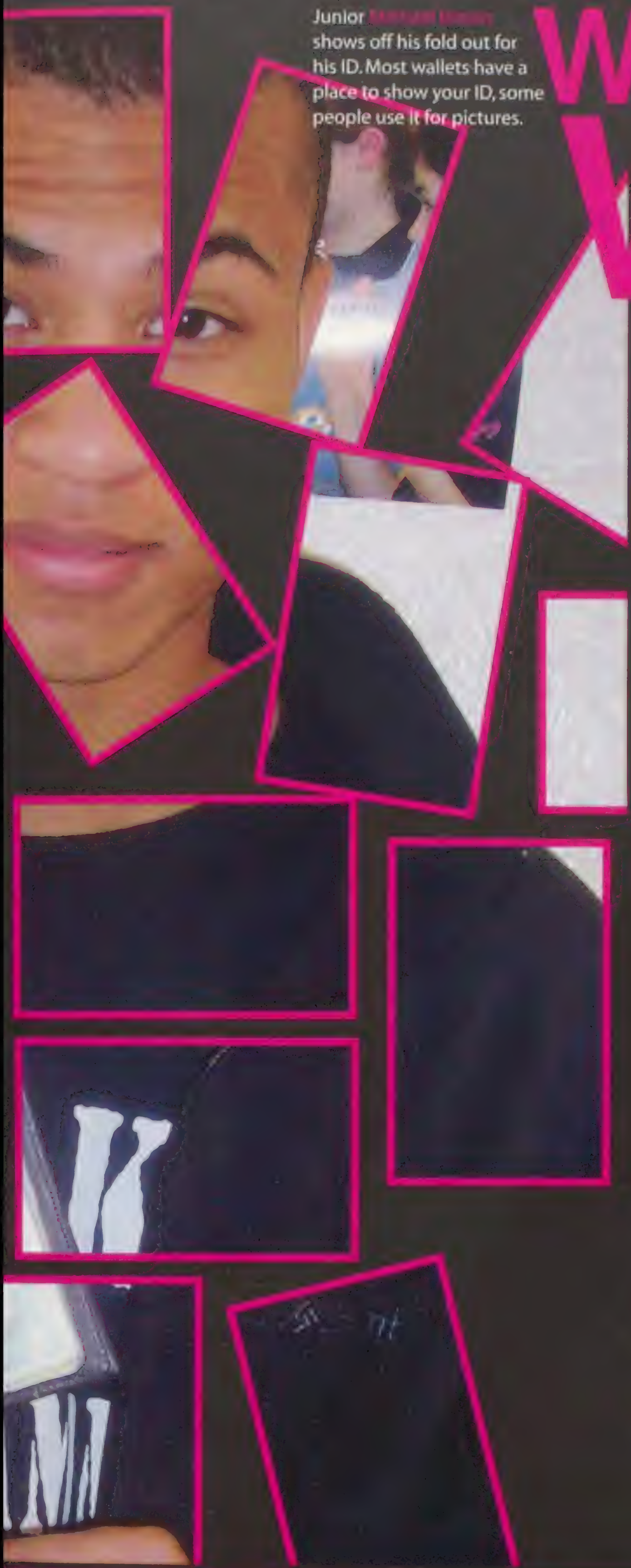
STORY/LAYOUT BY Kate Hurley

Junior [redacted] opens her trifold wallet and shows off what's inside. Most girls now have flat or long wallets.

Sophomores [redacted] and [redacted] show off their things in their wallet. Routh found a Valentines Day card in his.

Women's

What's in your Wallet?



Junior [illegible] shows off his fold out for his ID. Most wallets have a place to show your ID, some people use it for pictures.

ID? Money?

Guys usually never want girls to see in their wallets, whether it's because they don't want girls seeing anything personal or so they don't see how broke they are.

Junior Logan Davis said he wouldn't care if anyone looked in his wallet, "as long as they're not trying to steal my money" because he has nothing to hide.

"The only weird thing I have is my girlfriend's name tag," said junior Matt Gating.

"I have a gift card from 2004," said junior Daland Sanders, "and I have a sticky note."

Girls' purses are filled with all kinds of stuff too: make up, chocolate, iPods, cameras, even wallets.

"All I really have is money and my ID, the rest of the stuff I just throw in my purse," said junior Sadie Hines.

"I have my debit card in my wallet," said senior Rosie Cam. "Never know when you're going shopping."

Credit Cards?

The basic wallet types consist of women's wallets, men's wallets, wallets for travel, secret wallets and pocket wallets. While there are many kinds of wallets, all of them usually contain money, credit cards, plastic cards, and documents.

Junior Tim Williams said he has his money, IDs, and his CPR and EMT certificates.

Besides holding the necessary possessions, wallets also can be used as a photo album.

Junior Jackie Fudge said, "I have senior and dance pictures, a few pictures of the Color Guard and a few of my brother." She said she has them so she can show people who she is talking about if the person didn't know.

From IDs to pictures, old gift cards to girlfriend's name tags, wallets can be very useful.

THE ITEMS

$$$
ID
HAWAII
ROD FLANDERS
Credit Cards

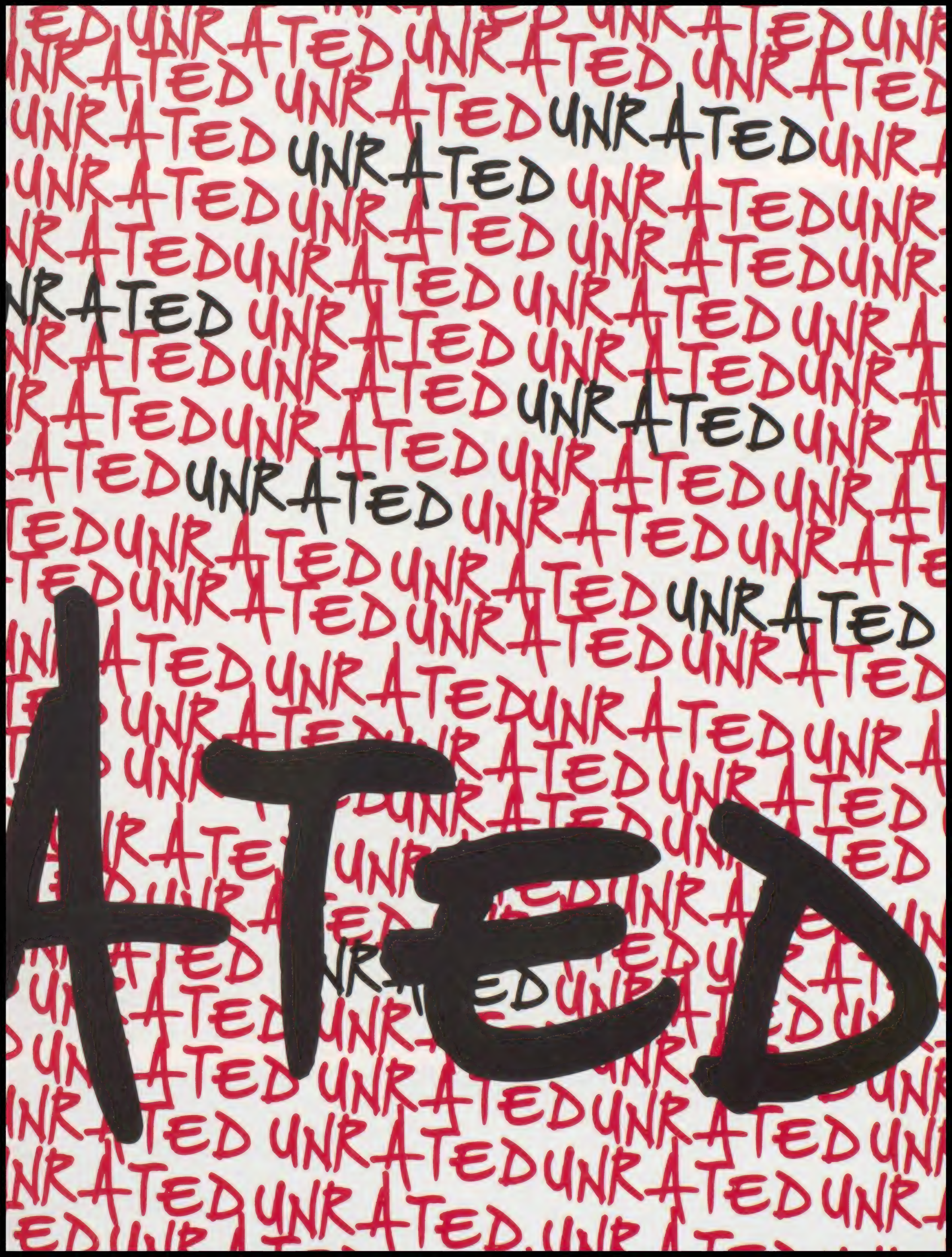
Men's

Skimming through the book, you've seen that East is full of bright students who love to have a good time and many faced adversity and overcame it. (The perfect **MOVIE** plot right?)

But if our **SCHOOL** year was adapted for the movie screen, we would have to include a rating to give people an idea about who should be watching it and what is to be expected. At the start of the book, we asked you to be the "critics" and think about what **RATING** would fit the school.

Maybe while you were looking at the book you were thinking: "It definitely wouldn't fit in the **"G" RATED** category because let's face it, guys, some of the things that happened during the year just weren't meant for 5-year-old eyes. And while a "G" rating might be too soft, an "R" rating wouldn't fit us, either (although some of the year's events might have come close).

Whatever **CRITERIA** is applied, the truth is we don't really fit in any shallow category. If we were a movie, no rating would clearly depict who we are as a school and who we are as **SCARLETS**. We think our EHS Spirit would be "suitable for all ages"... and **"E"** rated! And who would be able to watch? **EASTSIDERS ONLY**.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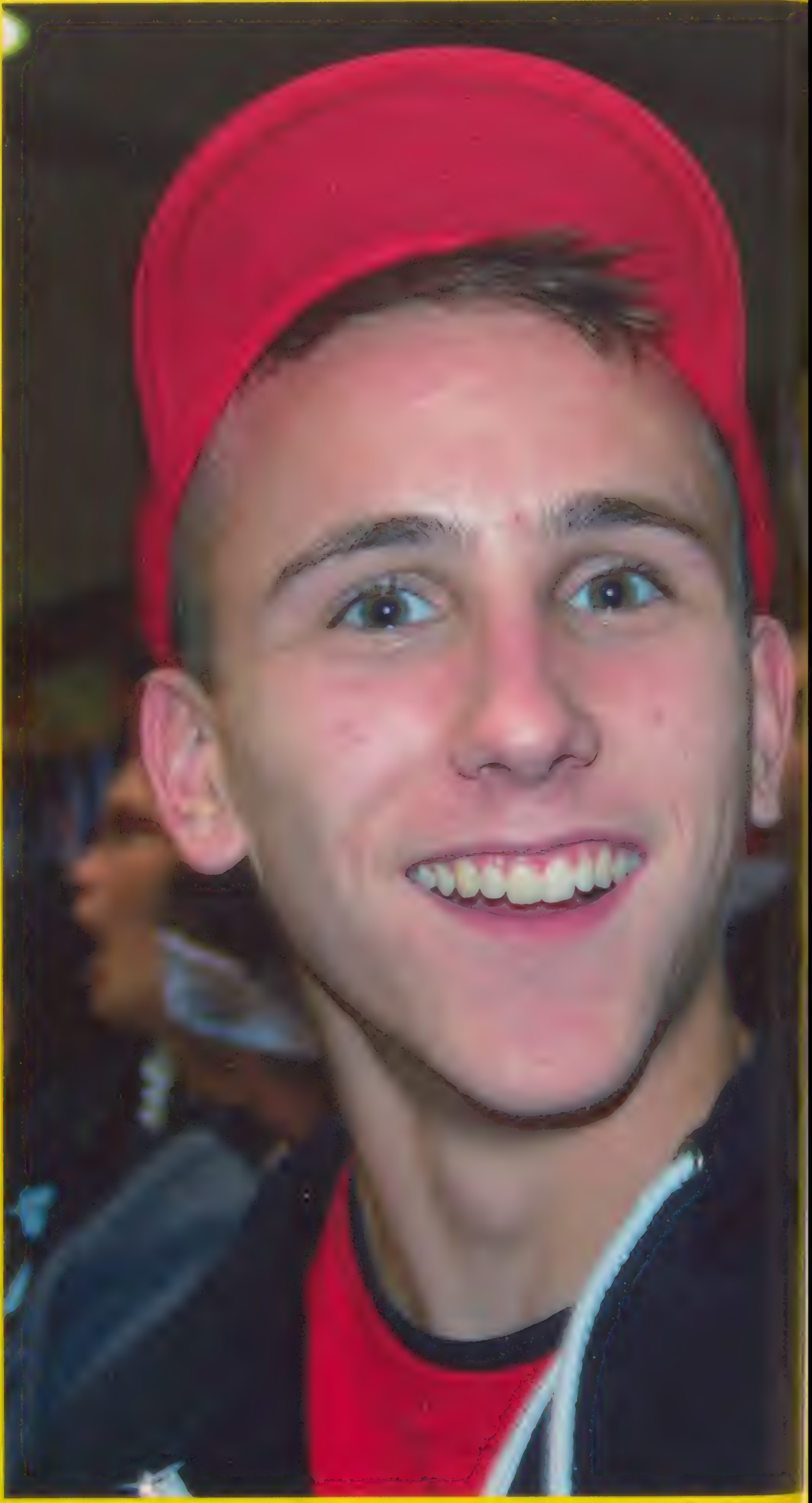

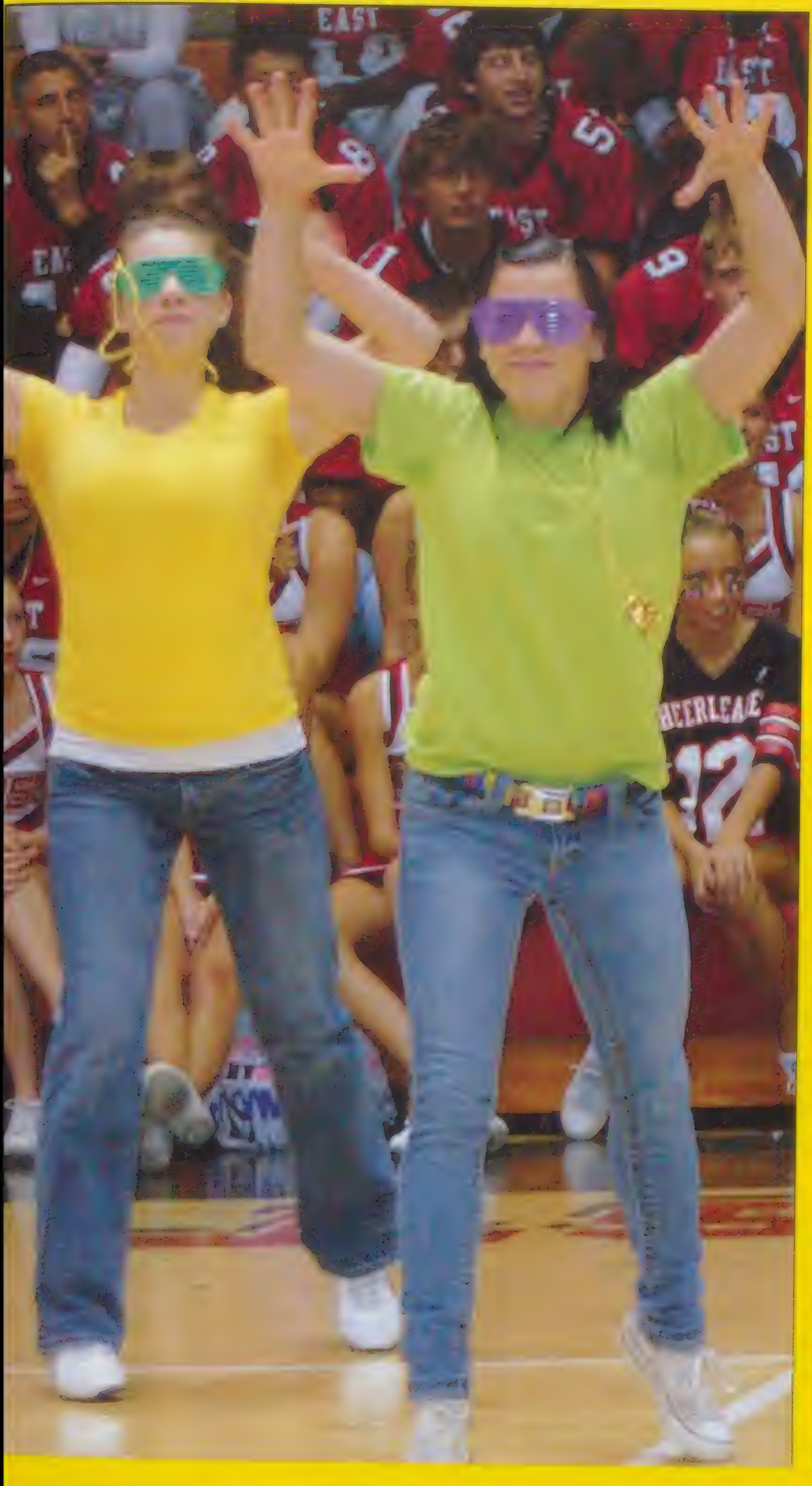
EAST
CHEERLEADE
12

KINLEY
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- Walt Disney in Meet the Robinsons

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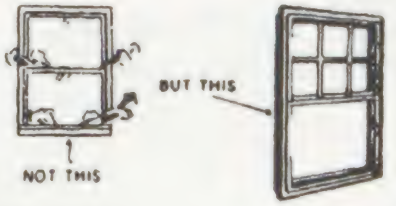

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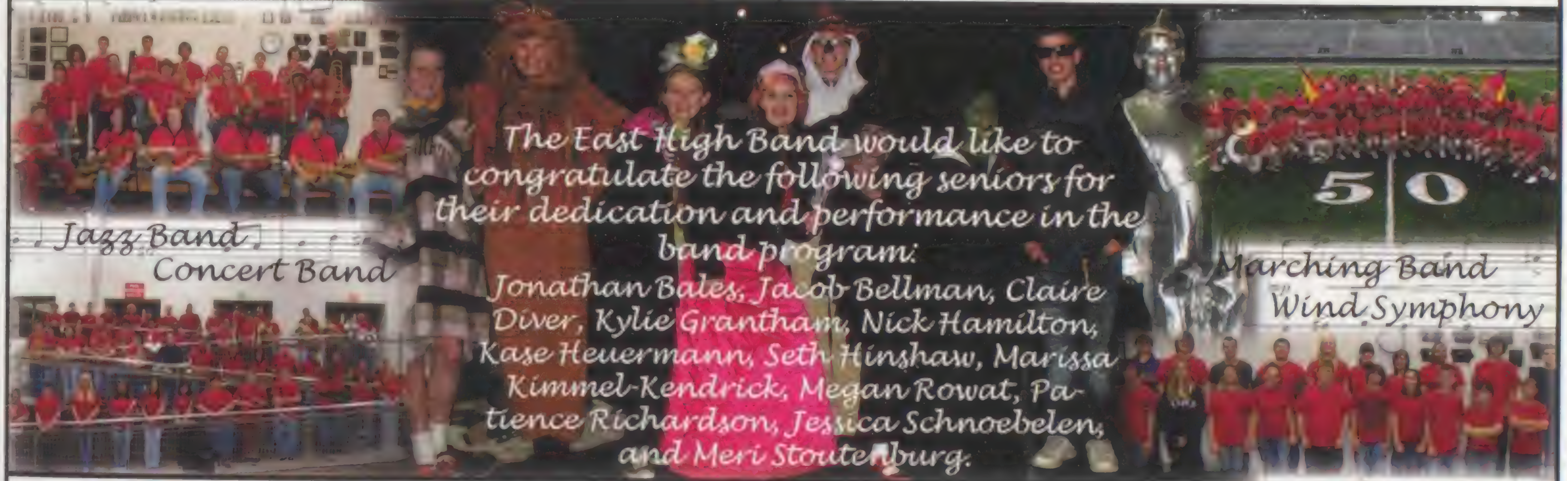

The East High Band would like to congratulate the following seniors for their dedication and performance in the band program: Jonathan Bales, Jacob Bellman, Claire Diver, Kylie Grantham, Nick Hamilton, Kase Heuermann, Seth Hinshaw, Marissa Kimmel-Kendrick, Megan Rowat, Patience Richardson, Jessica Schnoebelen, and Meri Stoutenburg.

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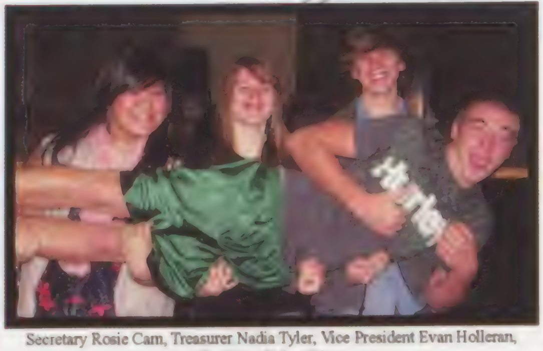

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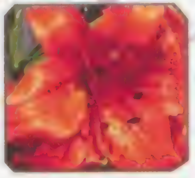
Class Motto:
Only those who risk going too far,
can possibly find how far they can go.

Class Flower:



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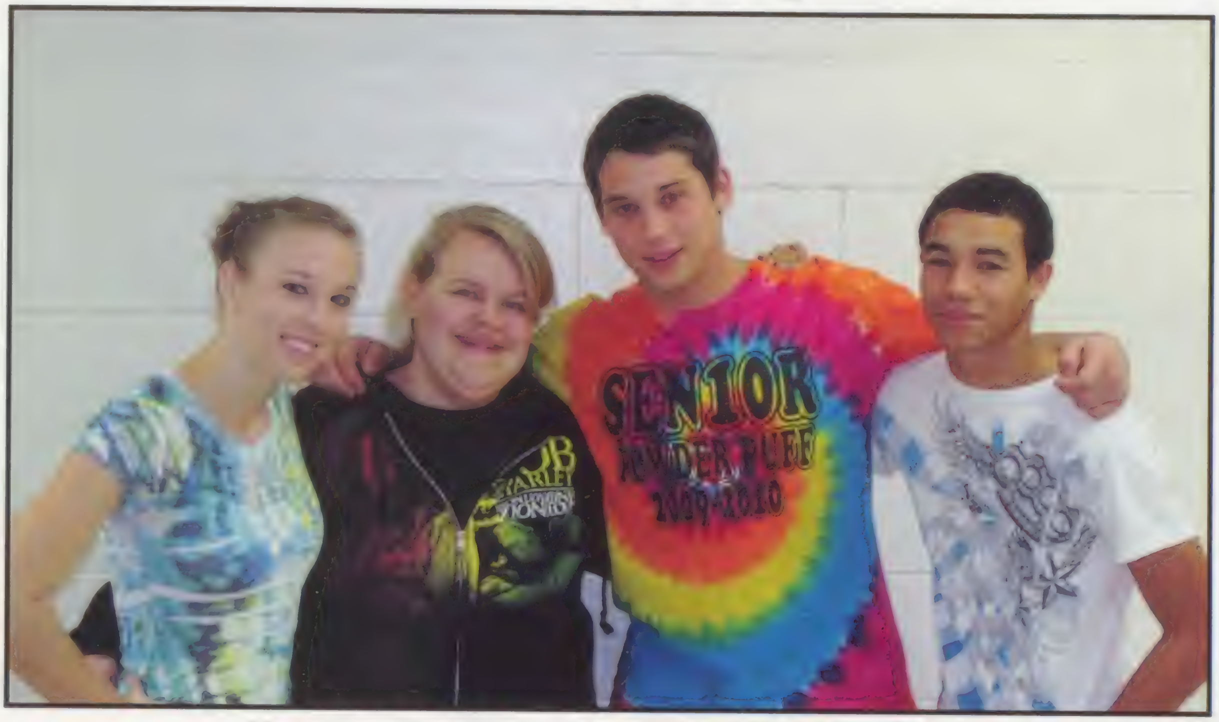

Katie Nutt, Tori Waters, Anthony Bush, Dashean Lund
Not pictured: Jake Bellman

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We love you,

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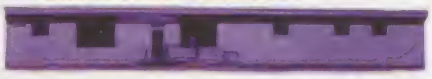

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Nadia~

You have gone from our outspoken, free-spirited, funny little "sweet pea" into a fun-loving, beautiful, smart, young lady. Your hard work has helped you to achieve so much. We are all very proud of you! Remember to hold onto your beliefs no matter what and you will achieve your heart's desires.

We love you,
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Ceeria Dalynn Bekish

Class of 2010

Ceeria-
Congrats! I still can't believe you're graduating already. We're so proud of you. Good luck in the future. Make all your hopes and dreams come true.
Love,
Brooke & Mariah

Ceeria-
I remember when 2010 seemed like it was a long time away; now it's here and time to see my baby walk across the stage. Watching you grow into the beautiful young lady you have become makes me so proud. You've worked hard and now it's time to celebrate a huge milestone in your life.
Congratulations! Take your time and enjoy all the little things life has to offer.
Love always,
Mom

Ceeria-
Always remember the special time you spent with Papa watching the Canadian geese at the park before school.
I am so proud and happy that you made it to this special time in your life. Love you always.
I will always be here for you.
Love much,
Amal

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Love, Mom, Darwin, Nick,
Abbie, Suzie and Grandma

Teighlor

We are so proud of you for all of your accomplishments and for just being you. You are going to go far...live life to the fullest and follow your dreams. You are a wonderful daughter who will make a difference in the world.

We love you,

Mom
Dad
Tiffani
Michael

Caitlyn,

You're the apple of our eye...
The pride of our days...
The joy of our existence...
The center of our souls...

We are honored to have you as our
daughter, sister, granddaughter,
niece, cousin...
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Kiefer,
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best accomplishments.
I Love You, Mom

Class of 2010

Con Con Wiez,

Our time together is very special. You will always be our little girl with a big smile and a huge heart.

Love you,
Dad, Mom, Jason
& Jamie

Heather

You are everything a Dad and Mom could want in a daughter. You have grown into such a beautiful young woman. We are so proud of you and we know you will succeed in all your dreams.

You will always be our baby girl.

Congratulations
Love Dad, Mom
David & Zachary

Heather Nichole Blacksmith
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Paige Gee

Paige,
You've grown so fast from a tiny little girl into a beautiful, strong and confident young lady. We wish you luck & only the best in your future. Live life to its fullest. You will be successful at whatever you do. Good luck at Iowa!! We love you-
Mom, Dad, Ashley & Kenzie

Madison Kasper

Madison,
[illegible] the first day of kindergarten we have watched you grow into the incredible young lady that you are today. We love you [illegible] [illegible] [illegible] [illegible] [illegible]. We are excited to watch [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
With all of our Love, Mom, Dad and Ashley

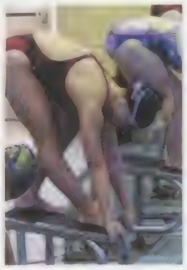
"When it hurts to look back, & you're scared to look ahead, you can look beside you & your best friend will be there."

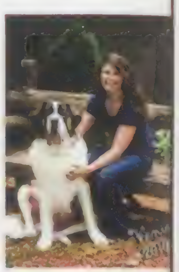
Vania Boland

We feel privileged to have shared your life and witness you emerging into a wonderful and talented young lady. Follow your dreams; share your talents and live the life God gave you. God is with you in all that you do. (Genesis 21:22)

Love Mom, Dad, Venessa, Valerie, and Jama.

WORLD FAMOUS
ROCKETTES
Vania
2010





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Lauran-
We are all so proud of you! Aim high and continue your education as you planned. Grandpa and PaPa are watching over you.
Love-
Amal

Lauran Williams

Class of 2010

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Don't sell yourself short or limit yourself. You can go as far as your mind lets you. You can achieve if you just believe. We are so very proud of you.
Mom, Dad and Tre

JERRICA

We are so proud of you! You are amazing and we know this is just the start of the many accomplishments you will achieve!

Love Always and Forever
Mom, Mish, Loren, and Adenae

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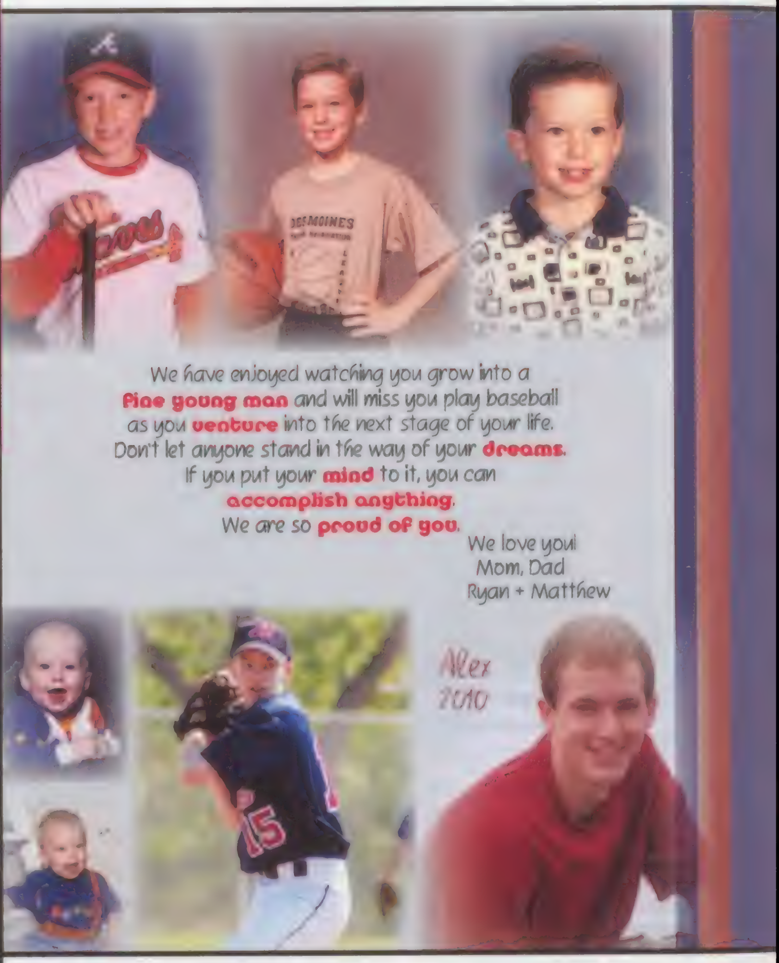

We have enjoyed watching you grow into a **fine young man** and will miss you play baseball as you **venture** into the next stage of your life. Don't let anyone stand in the way of your **dreams**. If you put your **mind** to it, you can **accomplish anything**. We are so **proud of you**.

We love you!
Mom, Dad
Ryan + Matthew

Alex
2010

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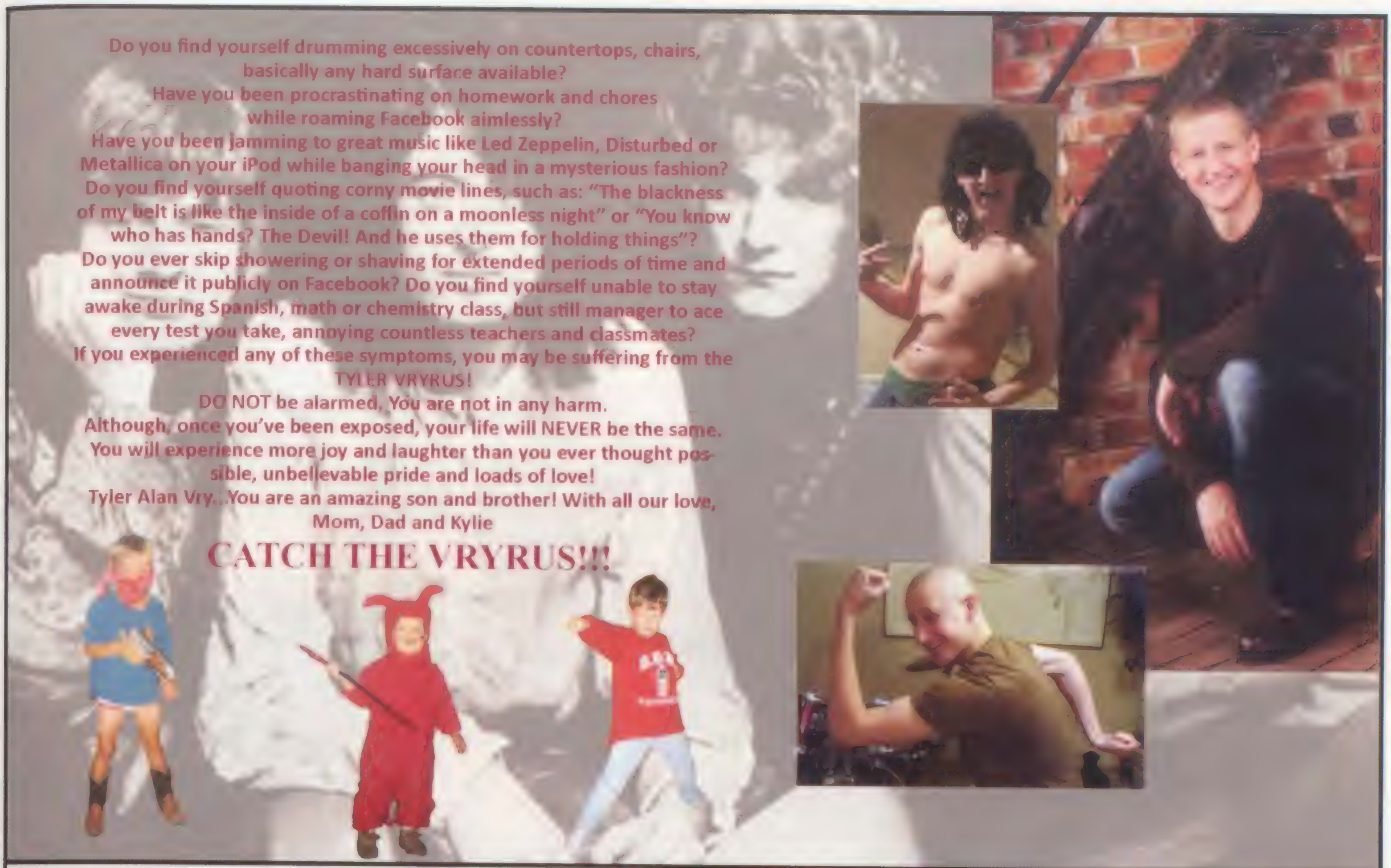

Do you find yourself drumming excessively on countertops, chairs, basically any hard surface available?
Have you been procrastinating on homework and chores while roaming Facebook aimlessly?
Have you been jamming to great music like Led Zeppelin, Disturbed or Metallica on your iPod while banging your head in a mysterious fashion?
Do you find yourself quoting corny movie lines, such as: "The blackness of my belt is like the inside of a coffin on a moonless night" or "You know who has hands? The Devil! And he uses them for holding things"?
Do you ever skip showering or shaving for extended periods of time and announce it publicly on Facebook? Do you find yourself unable to stay awake during Spanish, math or chemistry class, but still manager to ace every test you take, annoying countless teachers and classmates?
If you experienced any of these symptoms, you may be suffering from the TYLER VRYRUS!
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Although, once you've been exposed, your life will NEVER be the same.
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Tyler Alan Vry...You are an amazing son and brother! With all our love,
Mom, Dad and Kylie

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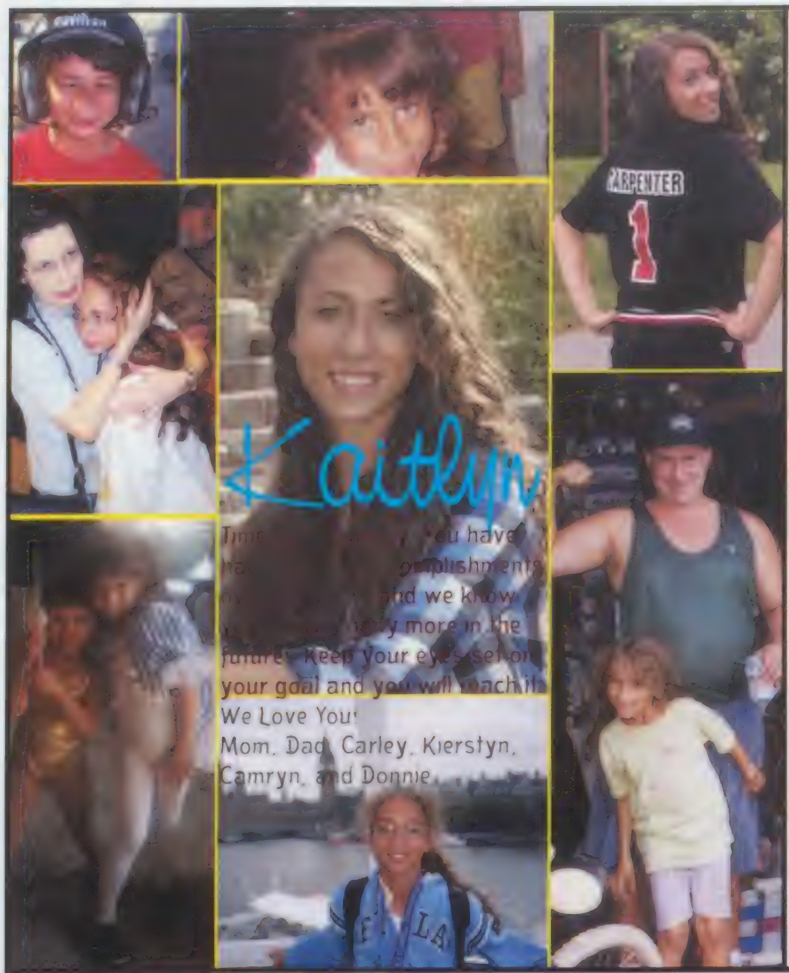
TREVOR NAIL

How fast you have grown from my baby boy to my lil' man! I'll always remember saying "as long as I get you through high school." Well, the time is here and now starts "as long as I get you through college." Education is forever! Trevor be all you can be!! We are very proud of you!!
Love Mom, Carlos, Aliciah & Lynnze



Kaitlyn

Time [illegible] you have [illegible] accomplishments [illegible] and we know [illegible] many more in the future. Keep your eyes set on your goal and you will reach it!

We Love You!
Mom, Dad, Carley, Kierstyn,
Camryn, and Donnie.

Dear Seniors,

Over the past four years, you have worked and studied, practiced and played and grown, not only physically, but emotionally, as well. And now you are here, ready to begin your lives as members of the community around us. Whatever course your future takes, it is our sincere hope that you will look back on your years at East High School as having prepared you to meet and deal with the challenges that life will present.

On behalf of myself and the faculty and staff at East High, I wish to each and every one of you the happiness of a productive life, the respect of your fellow human beings and the love of your family. May the future be yours.

And remember, don't let anything
keep you from following your bliss.
Follow any path your heart desires!

Cody,

I'm so proud of you.

Seems like yesterday you were my **little boy** and now there you are, a **young man** graduating and starting a **new** adventure in your life. **Remember:** Always be **proud** of who you are and what you believe in. I know you will **succeed** in the path you choose to take.

Enjoy!

I love you,
Momeknz

I didn't know you from the day you were born, but I have known you for quite some time. Five years ago was our first actual *friendship* and I have to say you've grown up to be an *amazing* young man and I'm glad to be your girlfriend. Watching you *mature* and having you beside me has been *awesome*. I wouldn't change it for anything. I hope you had an awesome senior year and I hope your *dreams* come true.

I love you, Cody.
Alexes

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2010 EHS Retirees

We say farewell to six faculty members
from East High School this year.
When someone devotes the larger portion of their life to educating our young students, it is difficult to express the proper appreciation for their dedication to education. Good teaching is a difficult task that requires commitment, devotion, and hard work.
That these educators honored that commitment
for so many years is extraordinary.
You and your wisdom will be missed by many, but you will always have the thanks and appreciation of all the students you have helped,
and all of us here at East High School.

Don Heese
Faculty President

Pat Bannon
Ed Kelly
Lyle Oleson
Stan Thompson
Joyce Vickroy
Sue Wiegand

ACKNOWLEDGMENTS

QUILL STAFF:

Ambreyana Jones – *Co-Editor-in-Chief*
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The *Quill* staff is grateful
for the production assistance
from these 2009-10 Quill interns:
Emalie Cipale
Riley Fisher
Hannah Ford
Vanessa Gobb
Haley Larson
Brooke Nokes
Kaylee Putzier
Ashley Simpson
Jessie Vance

…and for the guidance of:

Ed Kelly
Publications Adviser

Mike Zelenovich
Principal

Marc Hansen
Herff Jones Representative

…and wishes to give special thanks to: **JK's Creative Photo Shop** (Janene) of Des Moines, IA (515.669.6529) for many wonderful sports photo contributions.
Special thanks also to **Archie Webb Photography** of Pleasant Hill, IA (515.262.4240).

COLOPHON

The Herff Jones yearbook plant in Edwardsville, Kansas produced 900 copies of the 2010 Quill.
The 315 page book was completed on March 10.
Eleven staff members put together the spring-delivery book on 80lb. gloss paper.
The Vista Custom Embossed cover is printed on Silktouch Black material with metallic red, white and black applied inks. The cover font used was AHJ Sharpie Print. Endsheets are printed with a 4-color process on white Vibracolor paper stock, different front and back.
The 8.5" x 11" book is printed with offset silkscreen and is smyth-sewn, rounded and backed.
The cover was designed by staff members and Herff Jones cover artist Brett Gonterman.
The majority of the copy throughout the book is 10-point Adobe Garamond, Myriad and AHJ Sharpie Print.
The book was produced digitally and all pages were submitted on the Internet using 18 Dell PC computers
and the applications Microsoft Word and Adobe's Photoshop CS4 and InDesign CS4.
Books were sold from September through May for $60.

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Class of 2010

In loving memory of Gary Rourke (Vice Principal)

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